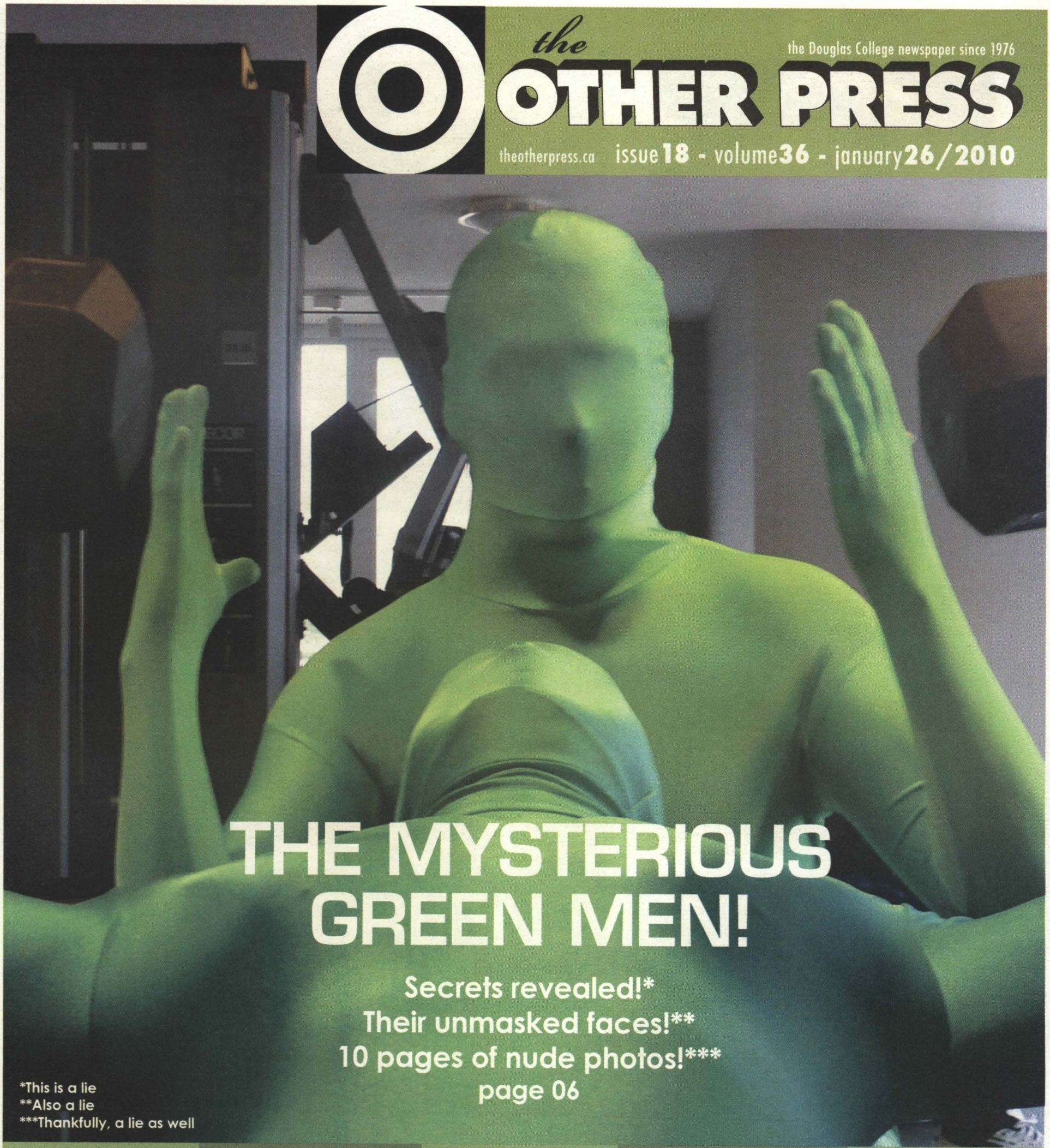
the Douglas College newspaper since 1976

the OTHER PRESS

theotherpress.ca issue 18 - volume 36 - january 26/2010



THE MYSTERIOUS GREEN MEN!

Secrets revealed!*
Their unmasked faces!**
10 pages of nude photos!***
page 06

*This is a lie
**Also a lie
***Thankfully, a lie as well

Douglas College theatre continues to impress 08

The fascinating sex lives of men and women 11

Bow before our interview of GWAR, puny mortal! 12-13

We like parking taxes! 17

Royals' women's soccer team gets new coach 18

Happy Birthday **Eddie Van Halen!** (55)

NEWS

An update on the devastation in Haiti, and what Douglas College is doing to help.
- Tanya Colledge, Pg. 04

ARTS & ENTERTAINMENT

Conan O'Brien leaves NBC: so does good taste.
- Jay Schreiber, Pg. 08

FASHION

Mamas, don't let your babies grow up to be Heidi Montag.
- Stephanie Trembath, Pg. 10

FEATURE

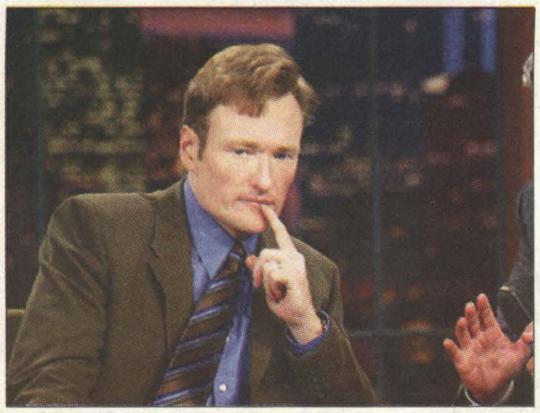
GWAR!!!!!!!!
- Kristina Mameli, Pg. 12-13

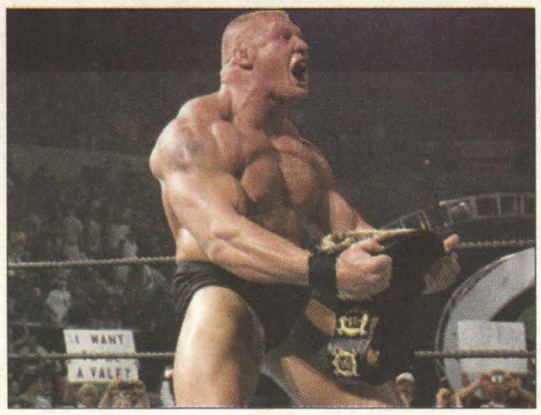
OPINIONS

Why school is cool and other nerdy opinions.
- Trevore Doré, Pg. 15

SPORTS

Who should headline UFC in Vancouver?
- Garth McLennan, Pg. 18





WHO WE ARE

The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by and from our staff. Our head office is located in the New Westminster campus.

The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tutition fees every semester at registration, and from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.

The Other Press reserves the right to choose what we will publish, and we will not publish material that is hateful, obscene, or condones or promotes illegal activities. Submissions may be edited for clarity and brevity if necessary. All images used are copyright to their respective owners.

THE OTHER PRESS
Student Newspaper of Douglas College
PUBLISHED SINCE 1976

Room 1020 – 700
Douglas College
Royal Avenue,
New Westminster, BC
V3L 5B2
TELEPHONE: 604.525.3542

EDITOR IN CHIEF
Liam Britten
editor@theotherpress.ca

ASSISTANT EDITOR
Chloé Bach
assistant@theotherpress.ca

BUSINESS MANAGER & ADVERTISING
Angela Szczur
accounting@theotherpress.ca

NEWS EDITOR
Kristina Mameli
news@theotherpress.ca

STAFF REPORTER
Tanya Colledge
staff@theotherpress.ca

FASHION EDITOR
Stephanie Trembath
fashion@theotherpress.ca

SPORTS EDITOR
Garth McLennan
sports@theotherpress.ca

ARTS & ENTERTAINMENT EDITOR
Jay Schreiber
arts@theotherpress.ca

OPINIONS EDITOR
Trevor Doré
opinions@theotherpress.ca

HUMOUR EDITOR
Liam Britten
humour@theotherpress.ca

GRAPHICS
Timothy Arndt
graphics@theotherpress.ca

LAYOUT
Brian Yoo
layout@theotherpress.ca

ILLUSTRATOR
Ellen Lee
illustrator@theotherpress.ca

PHOTOGRAPHER
Maria Asselin-Roy
photographer@theotherpress.ca

WEBSITE EDITOR/I.T.
Angela Szczur
web@theotherpress.ca

DISTRIBUTION MANAGER
Garth McLennan

VERY EASY

SUDOKU

Solution on pg. 22

	8	3		7		6		
			9					7
5		7		8	1	4		9
		9	1		8		5	
7		6		5		9		8
	5		7		4	3		
6		1	3	2		5		4
4					6			
		5		4		1	7	

© 2008 PageFiller Ltd and Associates www.pagefiller.com

Douglas College teachers' "leftist" views encourage critical thinking.

The following is a response to Garth McLennan's article about our wicked lefty college ["We need a more centred view," Issue #45 Vol. 35, January 6, 2010].

Thank you, Garth, for your article bemoaning the "left-leaning" slant you feel you are exposed to at Douglas College.

In regards to the media, have you heard of Canwest Global? They own and control almost every single major and community newspaper in this province and the country. They own and control many of our TV stations, and even some of our radio stations. They are Canada's largest media company and most certainly have a monopoly. A critical thinker might consider that a bad thing when it comes to getting an objective perspective on things that "make the news." Canwest Global is also widely considered a "right-leaning" media company. In my mind, we have more than enough of that one perspective. Thank goodness that the teachers at Douglas College work hard to give students some balance; you might even say that they encourage us to think critically! That is something that is very important and vital for keeping an open mind. Virtually every higher learning institution does the same and I am very grateful for that.

When it comes to global warming and the fact that our federal government refuses to deal with it—well, it's your future too that Harper is flushing down the toilet—enough said.

As for unions being too militant, have you had a job where you were paid a decent, liveable wage? If so I bet you didn't complain when you cashed your paycheque and it was likely a union fighting for your rights that got you that decent wage and those benefits. Maybe trying to survive on minimum wage is good enough for you but it isn't easy to feed a family, put a roof over their heads and get around on transit on such a shameful amount of money.

As for your comment regarding InSite, addictions and poverty are never really that simple. Look at the U.S. war on drugs compared to how the Europeans approach society's drug problems. Research it; you might just be very surprised at which one is actually effective.

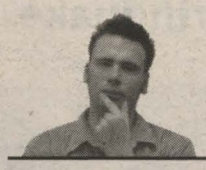
And the Olympics? Enjoy yourself, because it is one seriously expensive party that will have Coca-Cola and GE whooping it up, dancing on the tables, and you and I feeling the nastiest hangover ever, with empty pockets for a long time to come! I sure hope I don't see an article in a future issue of *The Other Press* where you complain about the high taxes in B.C.

Thank goodness for guys like Michael Moore; just like our teachers; they are all letting us know there are many different perspectives and two sides to every story.

—Laura Dupont

LETTITOR

What's all this then?



Liam Britten
editor in chief

The first day I ever called the police was the same day I became a serial vandal. Apparently.

There I was, 19 years old, making my usual Friday night journey from the pub to my house after last call. I decided to cut through a nearby schoolyard and shave a few minutes off my trip, when lo and behold, I met a pair of my friends from high school whom I hadn't seen in a long time. I came over to say "hi," and we all got caught up reminiscing and generally shooting the shit, having a jolly laugh and all that.

Until three guys with baseball bats ran up on us, swearing and yelling and generally looking to beat our skulls in. Just another night in Port Coquitlam.

Instinctively, we ran. We ran about a hundred metres out of the park and then we hit a road, then we split up; I don't know why we split up, I figured even at the time that staying in a group would have been the safest thing to do. Regardless, one friend and I ran up the road, the other guy went down the road.

I guess our assailants, whom none of us recognized, were feeling really brave that night because they all chased the lone guy who went down the street. The other guy and I got away, and managed to run to his house. We were clear.

The guy who split off knew to come meet us at the house; he was staying there that night, so where else would he go? We waited for a few minutes and he didn't show. Understandably, we were worried. So, I called the police.

They came, alright. A pair of cruisers rolled up with lights flashing and we pointed them towards where we last saw our friend. They were off to the races, and before long, our friend returned on his own accord and the three hooligans were wearing handcuffs in the backseat.

Before we could even thank the officers who arrested the attackers, we got hit with a barrage of accusing questions, because it seems we were the ones breaking the law here.

Detective Dumbass (I forget his real name, but this moniker fits well enough) gave us his brilliant theory: we were a crew of vandals that had been operating in the neighbourhood, damaging school property and breaking into cars, and these three drunks with bats were merely brave homeowners who were defending their property.

Open and shut case, Detective Dumbass!

It took nearly an hour of talking, but we finally got the cop to reconsider his ingenious scenario. He assured us he'd have more questions, but as far as I know, none of us were ever contacted for a furthering grilling.

I know what a lot of you dearest readers are thinking; it was just one jerk, a one-time thing, but most officers are fine public servants that deserve our trust. But really, why should anyone think that's true? Take the case of Yao Wei Wu, a Vancouver man who was severely beaten by two VPD officers who were responding to a domestic disturbance call at his house—rather, at his neighbour's house; the idiot officers went to the completely wrong address, and beat a man senseless in error. Oops!

You might think that they were just two "bad apples" who aren't representative of our police forces as a whole. But then again, I suppose the officers who killed Robert Dziekanski were just bad apples. And I suppose the officers who killed Frank Paul were just bad apples; so were the officers who beat petty criminals in Stanley Park and I guess every single complicit officer who tried to cover these wrongdoings up were just isolated bad apples. Am I the only one who wonders if there's a single good apple left?

Until police officers have to answer for their misdeeds in a real, open, honest way, there's no reason for anyone to trust them. Why should we? After all, any one of us could end up like me, a victim of crime who gets harassed for being in the wrong place at the wrong time.

Actually, come to think of it, if harassment is all you get from the police, consider yourself lucky.

Your friend in high fidelity,
Liam Britten
Editor in chief
The Other Press

WRITE FOR US!

Anyone can get published in the Other Press! Just email your story to the appropriate section editor from the list on the right.

Please send your file as an MS Word doc file, and include your full name, email address, and word count.

The weekly deadline for submissions is Wednesday night for publication the following Monday. Letters to the Editor and "time-sensitive" articles (weekend news, sports, and cultural reviews) will be accepted until Saturday at noon and can be submitted to the editor at editor@theotherpress.ca

Submissions will be edited for clarity and style.

The Other Press will pay $50 to any student who writes an article of at least 1,000 words for the "features" section. Submit story ideas to the Editor in Chief. Offer good once per semester per student.

The Other Press holds weekly staff meetings at 6 PM on Mondays in room 1020 of the New Westminster campus. All interested students are welcome.

NEWS SUBMISSIONS
news@theotherpress.ca

SPORTS SUBMISSIONS
sports@theotherpress.ca

A&E SUBMISSIONS
arts@theotherpress.ca

FEATURE ARTICLES
editor@theotherpress.ca

OPINION SUBMISSIONS
opinions@theotherpress.ca

Relief efforts continue after Haiti earthquake

Douglas College's DSU contributes to the relief effort

Tanya Colledge
staff reporter

Weeks after a devastating earthquake shook southern Haiti the world has united hoping to offer relief in any way possible. The most powerful to hit Haiti in over a century, the 7.0 magnitude quake struck roughly 15 kilometres southwest of Port-au-Prince and was felt over 30 kilometres away in eastern Cuba, knocking down buildings and power lines.

Within minutes, a blanket of smoke and dust covered the city as the people attempted to make their way through the rubble to seek safety. The remains of crumbled buildings lay scattered on the street, including the president's residency and the local hospital, leaving the roads blocked off to traffic.

According to seismic experts, the quake took place 10 kilometres underground, resulting in severe shaking and an estimated 10 aftershocks, two of which were in the five-magnitude range. The latest aftershock of 4.7 magnitude occurred 13 days after the initial quake, instilling more terror and panic in the survivors.

The death toll has been estimated at 200,000 people, with another 80,000 already buried in mass graves. Among those numbers, 13 Canadians have been confirmed dead, with another 543 still missing. The European Commission has estimated that two million people are now homeless, and 250,000 in need of urgent aid.

The UN, Red Cross, Canadian and American military troops, and many others have flooded to the scene to help with the relief. The southern coastal city of Jacmel, hometown of Governor General Michaëlle Jean, has become the center hub for the delivery of aid, acquiring Canadian supplies such as lighting, radar and more emergency crews.

The UN World Food Program and the Red Cross have managed to reach 500,000 Haitians with food, but continue to fall short of supplies. Meanwhile U.S. marines, soldiers and sailors have slowly begun to take control over parts of the city helping to escort deliveries and ensure order, while UN peacekeepers and international police forces continue to aid the country on its long road to recovery.

A mass migration has been planned for 400,000 survivors to temporary camps outside of town, however, authorities have begun to worry about sanitization and fear that disease outbreaks could only worsen the situation. Few tents have been made available for those sent out to the camps, others will have to make due living under tarps or seeking shelter under trees.

The world was told to expect a catastrophe of major proportions in what is known as the poorest country in the Western Hemisphere, and as numbers of the wounded, dead and the missing continue to pour in, so has the overwhelming support from people all around the world.

"A mass migration has been planned for 400,000 survivors to temporary camps outside of town, however, authorities have begun to worry about sanitization and fear that disease outbreaks could only worsen the situation."

The Douglas College Students' Union Representative Committee has also reached out to the DC community to encourage all students, faculty, staff and friends to contribute or donate what they can to the Haiti relief. In return, the DSU will match funding of up to $500 total for groups that fundraise within the college and offer the use of space and resources, such as photocopying, as well as donate $500 from the DSU Donation Fund.

For more information on Douglas College's relief efforts, contact the DSU.

Douglas College Wrap-Up

By **Kristina Mameli** and **Tanya Colledge**

The blogosphere welcomes Douglas' president

"I'm new to blogging, but excited to try it," says Douglas College President Dr. Scott McAlpine in the "About Me" section of his new blog.

"Here," McAlpine goes on, "I and others will blog about strategic planning and the 7 key themes at the centre of our process."

The blog is intended to act as a forum of open dialogue about the College primarily for staff. "My hope is that employees will weigh in. We need your thoughts and feedback. This is one place to share it."

Check it out at http://www.douglaspresident.com/

Learn to kick some butt!

Join Jennifer Kirkey, a 20-year Wenlido WEST veteran, for a special women's self-defence workshop.

Sponsored by Douglas College's Employee Relations and the Women's Centre, this two-day event will teach students the 4 As of self-defence: to be Aware of what is likely to happen to you, so you can Avoid it, and if you can't avoid it, learn Assertiveness skills and simple, effective Action techniques.

Free and open to all employees and students, Kirkey's workshop provides a safe, supportive atmosphere to learn new skills that could save your life. The event will be held on Saturday, January 30 and Sunday January 31, from 10 a.m. to 4 p.m. in room 1630 at Douglas College's New Westminster campus.

Investments anyone?

Interested in learning more about investments and the financial market? The Student Investment Club will be hosting an orientation open to all Douglas College staff, faculty and students on Wednesday, January 27. The two-hour session will consist of an introduction and definitions of the financial sector, followed by information on portfolio management.

The orientation will be presented by two Douglas College business instructors, Joe Ilsever and George Stroppa, and will be held from 4:30–6:30 p.m. in room 1614 at Douglas College's New Westminster campus.

Under Douglas College's Financial Services Management, the Student Investment Club seeks to provide tools and techniques to students to become better investors. They remain completely objective, providing useful tools in order to help you make informed decisions about your investments. The club will hold monthly meetings starting March 2010.

News Shorts

By **Kristina Mameli, News Editor**

Anti-Olympic graffiti not tolerated

"With glowing hearts, we kill the arts," read the anti-Olympic graffiti that adorned several walls where murals displaying Vancouver's arts culture once stood.

The graffiti along Beatty and between Dunsmuir and Georgia, was visible for only a few days, located near what will become LiveCity venues during the Games. The phrase, etched in white around Olympic rings, and more like it, have since been painted over in blue.

Snow worries

Mere weeks before the 2010 Winter Games, lack of snow in the forecast is beginning to concern Olympic organisers. Local mountains such as Cypress, the freestyle skiing and snowboard-cross venue, have been forced to shut down earlier than planned in an effort to preserve what is left of the snow.

The forecast leading up to the Games is not calling for any snow at all, nor any temperatures cold enough to even sustain fake snow. VANOC now says it plans to truck in stockpiled snow atop structures made of wood and straw to properly fill out the courses.

Canada reaches out to Haiti relief

Canadians have traditionally been charitable people, but their response to the devastation in Haiti truly embodies that charitable nature. On a per capita basis, Canada is a world leader in its generosity. Continuing in that vein, Canada has asked to lead the reconstruction of the nation.

As of this writing, the Canadian public has contributed upwards of $40 million to relief funds, with Ottawa promising to match every penny.

Vancouver 2010 promises to be the greenest Games ever

By **Tanya Colledge**, Staff Reporter

VANOC has promised that the Vancouver 2010 Winter Olympics and Paralympics will be the greenest games ever, and so far, their sustainability initiatives have been a testament that British Columbia is determined to keep that promise. VANOC's website offers a comprehensive list of how they have designed the upcoming games in February to manage the environmental, social and economic impacts and opportunities in order to create a lasting legacy for our province.

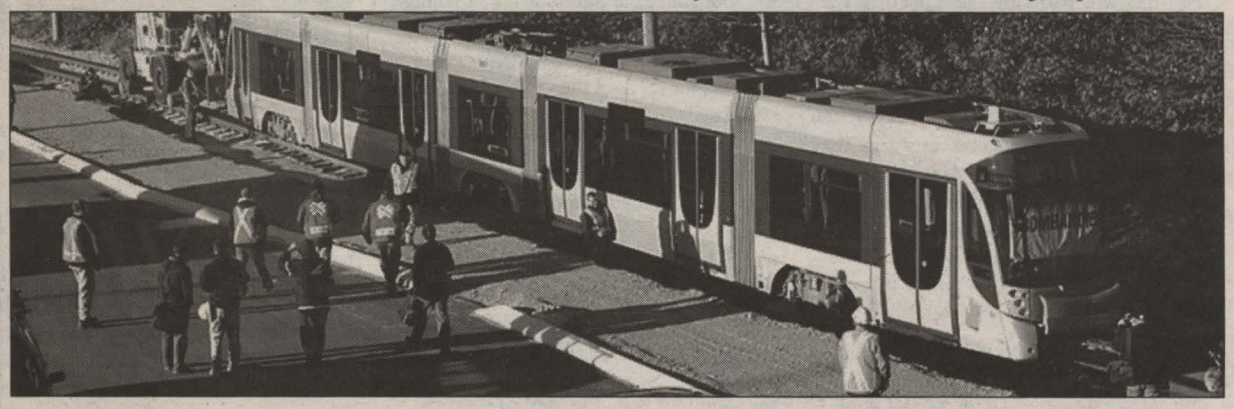
VANOC taking sustainability into their action plan for the Games is an Olympic first—one that is sure to be mimicked and be a catalyst for change in the future. By creating systems, such as the Sustainable Sport and Event toolkit (SSET), the committee has been able to successfully put these greener goals into action. Already in use by the Swiss and Canadian National Olympic Committees, Speed Skating Canada and the International Cycling Union, the SSET is a web-based how-to guide to incorporating sustainability into sport organizations and events to produce not only sustainable operations and events, but to inspire athletes, sponsors and fans to do their part.

The city's construction of green venues has been one of the most visual cues to the greening of the Games. With the adoption of the Leadership in Energy and Environmental Design (LEED) Green Building Rating System, venues such as the Richmond Olympic Oval have been constructed using one million feet of lumber harvested from pine-beetle killed forests and feature energy-saving refrigeration and rain-water collection. The new Vancouver Convention Centre also has a rainwater collection system, but in the form of 400,000 plants, free from chemicals and pesticides, that will capture rainfall to use within the building and for irrigation.

VANOC has also incorporated heat recovery solutions into many of the venues to reuse waste heat and reduce greenhouse gas emissions and electrical energy use. Excess heat created at Nat Bailey Stadium for example, home of the curling events during the Games, will be used to heat a 50-metre pool located at the new community centre beside the building. Other venues such as the Whistler Sliding Centre plan to use the excess heat generated to heat the plant and guest services building.

For a list of more ways VANOC has built sustainability into the Games, visit www.vancouver2010.com.

The streetcar returns to Vancouver streets just in time for the Olympics



Kristina Mameli
news editor

Vancouver has enjoyed a long history with the streetcar—in fact the first network was built in 1890 by the B.C. Electric Railway Company. It was an innovation that was slowly overtaken; trolleys and buses began to replace the streetcar as technology advanced and by the end of February 1958, the last passenger streetcar, car 1231, traveled the B.C. Electric track from Brighouse to Kitsilano on its final journey. Until now, that is.

The City of Vancouver, in partnership with Bombardier Transportation, has borrowed two streetcars from Brussels, Belgium to form the Olympic Line, a free service that will shuttle passengers from Cambie, through 2nd, to Granville Island. The streetcar's inaugural journey happened Thursday at 9:30 a.m. The line will continue to run from 6:30 to 12:30 a.m. until March 21. The cars hold 50 seated people and 128 standing with room for strollers and/or bikes.

Streetcars are quieter, more spacious and a much cleaner alternative to buses, running on electricity. The Olympic Line project is already the recipient of the Sustainability Star Award for providing a solution to a local sustainability issue that could potentially branch into a solution for a more global problem.

TransLink and the City of Vancouver plan to eventually expand the streetcar network, linking the Canada Line and the Expo Lines as well as acting as an extension of the Millennium Line. The proposed plan would also see links between places like Chinatown, Gastown and Yaletown.

An intimate sit down with one of the Green Men

By **Laura Gallant**, Link Editor (BCIT)

VANCOUVER (CUP)—The Green Men are not only Vancouver Canucks fans but they are dressing up for a purpose. The men wearing full body spandex suits are what some might call revolutionaries, they want to send a message to GM Place.

"Presentation at GM Place is a bit stale and half of the lower bowl is made up of corporate fans that are always so quiet and reserved, so we decided to lighten the mood up a little and have some fun. GM Place doesn't really get the fans pumped up anymore. The first game I went to this year the DJ played Coldplay as their opening song... not really a tune that's going to get the adrenaline pumping. So we decided to dress up and give people a laugh. At first it was just a gag but then it caught on and people starting liking us and we started getting media attention," explains the mysterious masked man.

For those who are not familiar with the men in green, they first appeared at a Nashville Predators game over a month ago. Every time a Nashville player sat in the penalty box, the Green Men would be beside them, heckling the players. Dave Scatchard, playing for the Predators at the time, was particularly agitated by the Green Men and ended up throwing his towel over the box camera. GM Place erupted in laughter and that's when the boys knew they were making a difference in the game. It was the perfect storm; they had seats beside the away team's penalty box and were located in the line of sight of the box camera that displayed the two men on the rink's big screen.

Like all masked men, they want to keep their identity a secret, however, it has been learned the Green Men have ties to BCIT: they are both broadcast journalism students. To the public they will be known as Force and Sully.

The body-tight green suit doesn't leave much to the imagination. When the guys first walked down the aisle to their seats, among the laughing, people could be heard saying "ew" and "I didn't need to see that." Pointing to his costume, Sully explains that despite not being able to see much of the game, there are some advantages to wearing it.

"Whenever we walk in the concourse between periods we are bombarded by fans. Last game I think we had 200 to 300 people coming up to us and asking for photos. It's fun so we don't have a problem with the attention. And much to my girlfriend's dismay, on more than one occasion my bum has been pinched by women in their 40s looking for a piece," recalls the Green Man. If he wasn't wearing his costume, he would have been seen smiling as he said this.

"The suit has its drawbacks though. The most difficult thing about it is not being able to drink and see very well during the games. The bathroom is also a real challenge. We use a stall because we have to unzip the entire costume... we use separate stalls, we don't unzip each other," Sully was very adamant that last part be included.

Surprisingly, their dance moves are not inspired from classic artists.

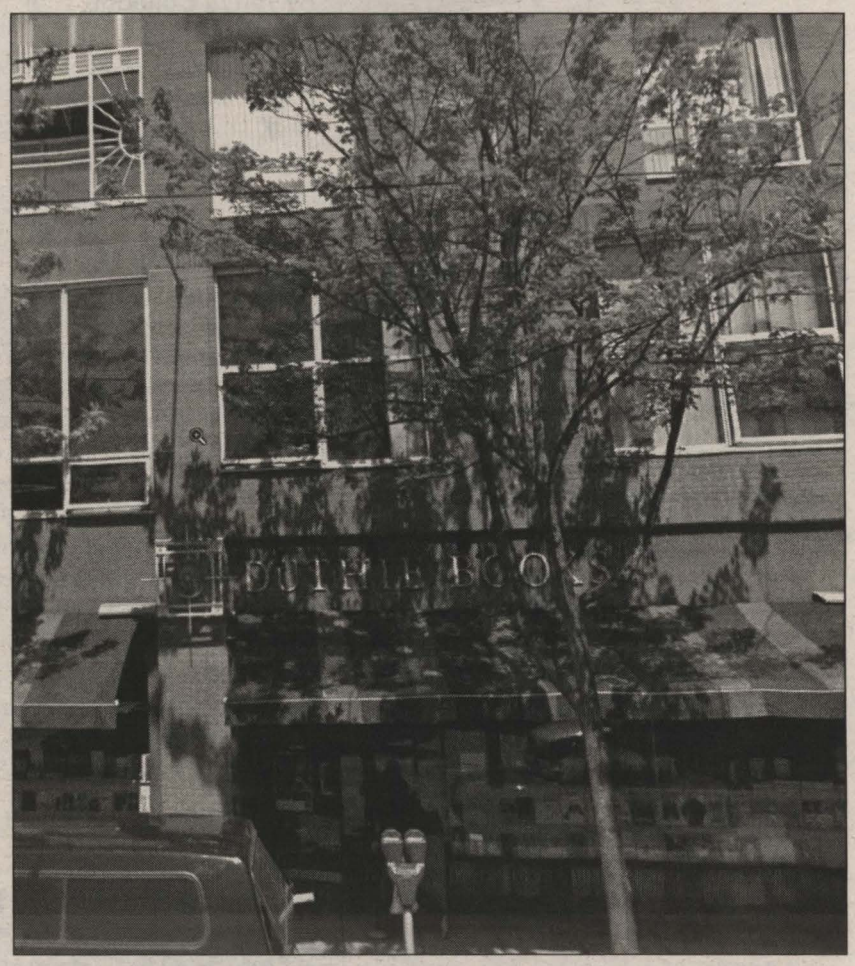
"We draw on inspiration for our dance moves from a variety of sources. Probably the two artists that stand out the most are Pete Sampras and a young Doctor Phil. Our moves are unique and flow in a certain way that keeps us going for the game," said the Green Man, half serious.

To quash rumours, the Green Men have not been approached by Mike Gillis personally and have not been given free tickets.

The two mysterious men hope the green trend catches on and the Canucks come out with a green uniform. Sully and Force want the organization to abolish the whale and "Vancouver rainbow" above the logo that is on the current Canucks jersey. For now, they will continue to show up to games this season and spark a little life into GM Place.

Duthie Books to close its doors after 53 years

The independent retailer falls victim to changing times



By **Kristina Mameli**, News Editor

The family owned and operated Duthie Books (2239 West 4th Ave, Vancouver) will close its doors after 53 years at the end of February, the company announced last Tuesday. Founded in 1957 by Bill Duthie, the flagship store is the last of eight shut down in the last decade. The store is choosing to voluntarily shut down before pressure from the changing economy and skyrocketing rent forces it to. In a press release, the Duthie family(Cathy Legate, Celia Duthie and David Duthie) thanked "all the customers, readers, staff, authors, and publishers who have been part of Duthie Books over the years, particularly our customers who have remained steadfast."

The news of the impending closure generated an outpouring of support from a community that grew up with Duthie's. On the Facebook fan page, one customer remembers the culture that Duthie's fostered. "I shall miss my access to your wonderful service; smart, witty staff; consistently interesting recommendations, surprise finds—the whole Duthiesphere. A certain frisson will disappear from my ambles along 4th Avenue…" Another laments "This is so unfortunate. Duthie's IS Vancouver as far as I'm concerned."

The iconic and beloved retailer long championed books from both Canadian and local authors, embracing the alternative and encouraging local writers. The release states that "the book culture of Vancouver and B.C. has grown up and flourished around Duthie's, from publisher's reps to publishing houses , authors, illustrators, designers, printers, literary festivals, and university writing and publishing programs have emerged in the Duthie's milieu and many Duthie's alumni work in all parts of the book trade."

The release also goes on to address the issues of the changing market, technological advances in how books are read, and a major shift in demographics. The retailer says it is no longer able to compete with stores like Chapters and Internet heavyweight Amazon.

"This will leave an un-patchable hole in the fabric of Vancouver," comments a Facebook fan. "Where will we book lovers go to feed our addiction?" inquires another.

Duthie's last sale starts January 28, offering 40 per cent off its entire stock with further price cuts leading to the store's final days.

FORK THIS

Crystal Hut

By **Jay Schreiber**, Arts Editor

What is the greatest thing you've ever eaten? Was it that steak from the Keg, or your Uncle Larry's famous barbecue burgers? I can say with no hesitation that perhaps the greatest thing to pass through my lips are the world-famous waffles that one can find in the Crystal Hut on Blackcomb Mountain.

So what is so great about these waffles, you may ask, that has me going gaga about their consumption? Well let me sum up for you, oh reader of *The Other Press*, the experience to be had when traveling the trails covered in snow.

No ordinary waffle is covered in the freshest blueberries, the reddest strawberries and the most delectable chips of chocolate, all to be drowned in maple syrup so thick it could choke a donkey. Cover that with four shots of whipped cream and there you have it, bliss and heaven on a plate made especially for you and served with an Australian accent.

I'm not kidding, folks, this is the stuff dreams are made of, the kind of meal you feel guilty after eating. This platter of amazing grace is so good, and amazingly beautiful that it's almost a shame to devour it. Let me now share with you the instructions on how to reach this small hut in the woods that makes the greatest breakfast known to man.

From Whistler Village, take the Excalibur gondola and get off at the last station. From there, you will need to get on the Excelerator chair (for those of you familiar with the mountain; this should be second nature by now). You then have to ride down towards the Crystal Lodge (follow the crowds) but instead of catching one of the two chair lifts in the area, continue on down the run named "Zig Zag." From this run, there will be a pathway to the right and a sign saying "Crystal Chair;" take that one.

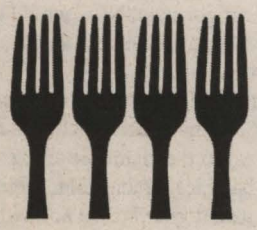
Once atop the Crystal chair, the Hut is just off to the side and the aroma of waffles will be wafting through the air, to put in simpler terms, you can't miss it! The hut is also accessible from the Glacier chair if you take the run titled "Ridge Runner", but this is less direct and easier to get sidetracked.

The Hut itself is cozy, warmed by a wood burning stove and has seating for about 40 or so. It's almost never busy and the atmosphere makes you feel like you're lost in a cabin somewhere in the forest. The view from Crystal Hut is fantastic, being located on the side of a cliff and its location is definitely what you would call 'off the beaten path'.

Next time you're boarding around Blackcomb, forgo the large mini-malls located near the major chair lifts. Make the effort and go for the best damned food available at 6,000 feet.

We give this place:

4/4 Forks



Green Day's American Idiot hits Broadway

Angela Espinoza

Time brings with it a great deal of change. As winter gradually comes to an end, snow (not that we saw any) begins to melt with the arrival of spring. Flowers begin to bloom, birds flock back from the South, critters awaken from their slumber. Yet despite all the pleasantries that come with spring, we must also face the annoyances; the pelting rain, the onslaught of insects, allergies and, as of this year, the Broadway run of *American Idiot: The Musical*.

After several years of speculation as to how Green Day planned to whore out the success of their Grammy award-winning album, the general assumption was that a film adaptation was to be made. Details such as who was involved and how they were going about it were never revealed, with the band merely giving general statements such as, "It's definitely going to happen." Eventually, the band stated the project was on hold so they could focus on their music. It's clear though that the idea never left their mind, as their latest album, *21st Century Breakdown*, contains obvious similarities to *American Idiot*.

By September 2009, Green Day premiered *American Idiot: The Musical* at the Berkeley Repertory Theatre in Berkeley, California. The musical consists of the original album in its entirety, as well as several B-side tracks and additional songs from *21st Century Breakdown*, *Nimrod* and *Rock Against Bush, Vol. 2*. The entire show is performed in one act, and there appears to be no actual dialogue as the performance is sung-through. The show ran until November 15, after two previous extensions due to its rising popularity. After much consideration, it was decided that *American Idiot: The Musical* was Broadway worthy, and will be running preview shows at New York's St. James Theatre starting March 24, with opening night slated for April 20.

The play follows three individuals: Johnny, Tunny and Will, as they attempt to find meaning in their otherwise empty suburban lives. Johnny and Tunny run away to some generic city while Will stays behind with his pregnant girlfriend. As time passes, the three men entangle themselves in drugs, sex, war and feelings of alienation. As can be expected with this trashy teen drama, everything sorts itself out in the end.

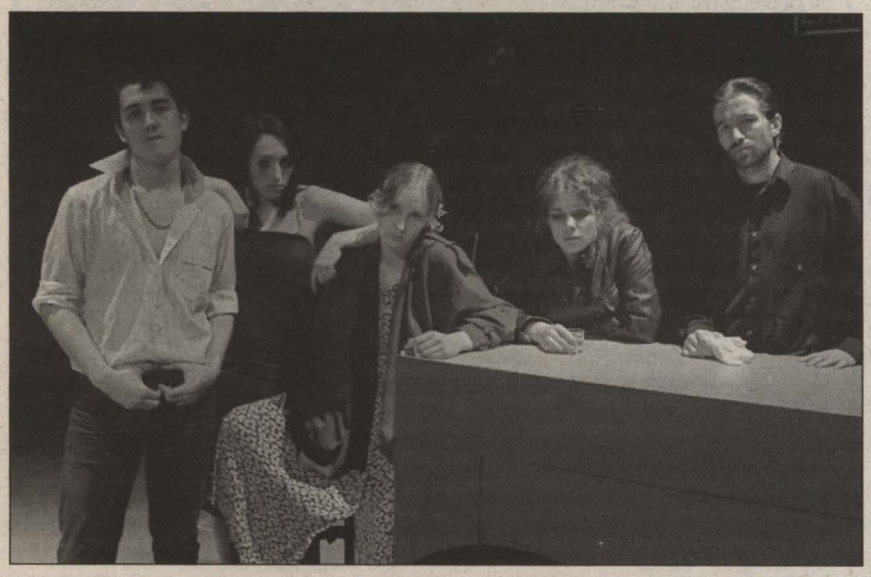
While the lack of character depth and the preschool plot have come under scrutiny, it's been noted that the visual techniques have been quite impressive. The performances themselves have also been met with much praise, as can be expected with professionals and Tony-award winners amongst the cast and crew, including Michael Mayer, who won several 2007 Tonys for his musical adaptation of the controversial German play, *Spring Awakening*.

Despite my negativity towards the show, I'm quite fond of Green Day—the Green Day that brought us albums like *Dookie* and *Warning*. It's been this new approach the band's been taking since *American Idiot* that I can't help but scrutinize. After a 20 year run, change can only be expected from the average band—but using the pretentious whining of fictional, faceless characters to file their album under rock opera, or as Billie Joe Armstrong states, "rock theatre," is a silly way to go about it. Nevertheless, the hype surrounding the show entails it should be a positive experience, and if given the opportunity, one should check it out.

ARTS

Some people can't help but live their life in limbo

Theatre crew brings light to the darker side of growing old



Jay Schreiber
arts editor

What happens when life loses its lustre? Where do you find direction when you've been running in circles? How do you cope with looking back and seeing yourself only steps away from the starting line? In John Shanley's play, *Savage In Limbo*, the protagonist in the story is trying to find her way off of the treadmill she's been running on her entire life.

Set in Little Italy, New York, the story takes place on a Monday night in a local pub where several people of the same age find themselves to be similar in more ways than they first thought. Denise Savage, a 32-year-old virgin living with her shut-in mother, goes out to have a good time and escape her otherwise boring existence when she runs into Linda, an old classmate from high school who enters the bar in tears. Linda is having a tough time with her lover, Tony Aronica and in an effort to soothe her relationship woes takes comfort at the bar.

The bartender, Murk, is a tough guy who likes order and keeps the rules of the bar intact regardless of other peoples' agendas. His best customer, April, is an alcoholic who drowns her sorrows every night by sitting next to Murk and keeping him company.

The cast all did a fantastic job in upholding the atmosphere of depressed Italian Americans who waste their lives being stuck in the same routine day in and day out. Notably, Tirra Dent had a great role as lost and directionally challenged Savage, and serving double duty as the play's director as well. Her chemistry was accented by Bianca Spagnuolo's portrayal of Linda, the feisty bitch who temporarily makes a friend in Savage before turning on her. Linda's estranged boyfriend Tony was played with spunk by Carlen Escarraga, who had the perfect grease ball attitude filled with plenty of "Who da fuck are yoo!"

Supporting roles of Murk and April were great for contrast as played by James Forrester and Emmelia Gordon. Emmelia, a graduate of Langara's Studio 58, had excellent one liners playing a believable drunk whose second home was on her bar stool. Forrester portrayed a well-mixed bartender, who showed compassion for his number one customer and always made sure there was a drink in her hand. Behind the scenes, Heidi Quicke and Jordan Graham made sure the show went smoothly, never stumbling over lighting and sound cues.

On the whole, the play was thoroughly enjoyable. The stage consisted of two tables and a bar, with the audience seated around the stage. In a theater-in-the-round style, the audience got to really connect with what was happening on stage because they felt like they were part of the action.

The only downfall of the production was the often unavoidable threat posed by minimalism. Shanley's writing has actors giving five minute monologues that leave the other players to stand around with little to do, partly due to the setup and lack of more props. However, despite the occasionally one-person show feeling that the crowd may have felt, the characters were well developed and focus never drifted away from the action.

Savage In Limbo is a highlight that the Douglas arts community can be proud of this year. The next performances are scheduled for this spring, also featuring another John Shanly play, the *Italian American Reconciliation*. Catch it, or forever live your life stuck in limbo.

NBC drops Conan, and with it goes the network's last great crusader

Changes to late night television will inevitably hurt ratings

By **Jay Schreiber**, Arts Editor

Please tell me that it isn't true. Tell me that they're all kidding and that this is some big practical joke. Conan O'Brien is being kicked off *The Tonight Show* for perhaps the most ridiculous reasons that anyone could imagine.

It all started about two weeks ago, when NBC announced that Leno's prime time 10 p.m. slot was being canceled due to lack of ratings and for that matter an audience. The following rumors from NBC were that Conan would be pushed back to his original 12:35 time slot, and Leno would take over *The Tonight Show* again.

What bullshit!

I find it hard to believe that NBC, a failing television network, really believes that their savior lies within the psyche of Jay Leno and that restoring him to the host of *The Tonight Show* will really fix anything. By doing that, I think NBC might just find themselves back in the stone age and may fold with no chance of competing with other major networks.

The reason is simply because Leno isn't funny. He used to be a decent host in his younger years, but unlike wine, his age has exposed him for the talentless skunk-haired chin he is. His version of *The Tonight Show* was never anything to write home about, it contained the same drivel night in and night out and whenever it got stale, NBC would throw a few thousand dollars into a new set for Leno to bomb in.

Leno's side guys were not much help to the show either. Kevin Eubanks always played the character of the pothead band leader and John Melendez was just a stuttering brown nose who hung off of Jay's every word. Pushover! Not to mention Leno's guests, such as the generic sports icon of the month, or Dana Carvey who whenever he came out had no problem repeating every *SNL* sketch he was in during the '80s.

Conan's shows, on the other hand, were actually entertaining to watch and fun for everyone in the audience. His monologue featured such things as the dancing pants or the "hair shot" and whenever things got dull (which was rare) the band was an easy target to squeeze jokes out of. Conan's guests were original and made the most of the time on his show, such as Will Ferrell who came out once dressed in character as Robert Goulet.

"Leno isn't funny. He used to be a decent host in his younger years, but unlike wine, his age has exposed him for the talentless skunk-haired chin he is."

Conan also brought back the idea of having a right hand man by sitting with Andy Richter, a funny man who never let a dull moment pass and could be counted on for comic relief. O'Brien's characters and small skits were ridiculously funny and original—just think of the Masturbating Bear.

Leno has been cold for a decade and should consider retiring from television altogether. What NBC is doing to Conan is not fair, nor is it good for late night television. O'Brien told NBC to go fuck themselves and rejected the offer to be pushed back to 12:35. In backlash, the network had no other option than to pay out 32.5 million dollars for Conan's contract, plus an additional 7.5 million to people who have worked with O'Brien over the years.

Conan essentially fought the system and won, but at the cost of keeping decent late night talk shows alive. From now on, my television stays off after 11 p.m. on weeknights, and I strongly suggest that everyone else to do the same in an attempt to preserve what we can of our brain cells.

The Book of Eli has an interesting story, but is lacking a few chapters of excellence

By **Cody Klyne**

The Book of Eli features a Denzel Washington in a fantastic role that takes movie-goers on a blood-soaked journey across a post-apocalyptic wasteland. Blending the lone ranger attitude reminiscent of a 1960s lawman with the dystopian morality of a character from *Mad Max*, Washington does a good job of rendering the venerable Eli in a world consumed by desperation. That said, as admirable a job Washington does with what he's been given, character development remains one of the primary flaws that lie at the root of what makes *The Book of Eli*, just an average experience.

In a not-too-distant future populated by marauders, cannibals, rapists, and opportunists, Eli is "gifted" with being in possession of the last-known Bible. Driven by faith and guided by a divine voice, Eli is determined to complete his mission against all odds and, inexplicably, deliver the book to safety in the West.

Not long into the journey, Eli comes across a start-up town controlled by a surprisingly educated man named Carnegie, who just so happens to have ideas of his own, nefarious as they may be, for the use of the Bible in this *new world*. Portrayed by Gary Oldman, Carnegie acts as a satisfactory, two-dimensional force working against Eli. As the story progresses, their butting of heads eventually leads to some of the more interesting twists and concepts that, though delivered a little heavy-handedly, develop surrounding the message of the power and abuse of religion.

Although the setting, moments of originality, and over the top action set pieces may carry the film for some; missed opportunities to round out the world and its inhabitants consistently break any sense of immersion. A primary example of this is the abysmal performance from the miscast Mila Kunis as the barmaid Solara. Having played the part of damsel in distress on more than one occasion, Kunis' character seems to exist solely for the purpose of clumsily attempting to inject a sense of humanity in Eli. This, coupled with lifeless emotional outbursts and ridiculous moments of uncharacteristic bravado, made Kunis the final link in the overall chain of middling execution that seems to characterize the movie from start to finish. Granted, standing toe-to-toe with an actor the calibre of Washington doesn't do her *any* favours.

At best, the successful use of setting, atmosphere, gore-saturated choreography and not-entirely-overdone social commentary made *The Book of Eli* a refreshing addition to the catalogue of post-apocalyptic action flicks. While the opting out of the heavy use of exposition to fill in plot gaps is generally a good rule to follow, raising more questions than answers, it seems like more than a few bibles were lost to the wastes.

Douglas Poets Society

BRISK

By **Hope Lauterback**

I feel surrounded and outnumbered
in a place where the ground is carpeted
with a layer of crisp titan leaves
stretching far and farther over the horizon

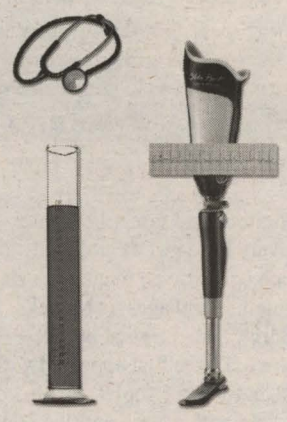
sun rays hit the leaves, setting the hills alight
flames lick across the waters
of the black pool, skimming over the
surface, devouring my reflection

my lips have become like the bare branches
instruments of the wind's song that
the trees translate to me
parched and quaking in the breeze

to sway and dance, fluttering carelessly
I want the wind to carry me, floating
not knowing where I shall land
down the winding gravel path

Are you a budding poet?
Submit your work to arts@theotherpress.ca to see your work in print!

MAKE A DIFFERENCE WITH



BCIT SCHOOL OF HEALTH SCIENCES

Health sciences professionals are in demand. Get the applied skills you need to join the workforce sooner. You're not just getting a job, you're making a difference to the future.

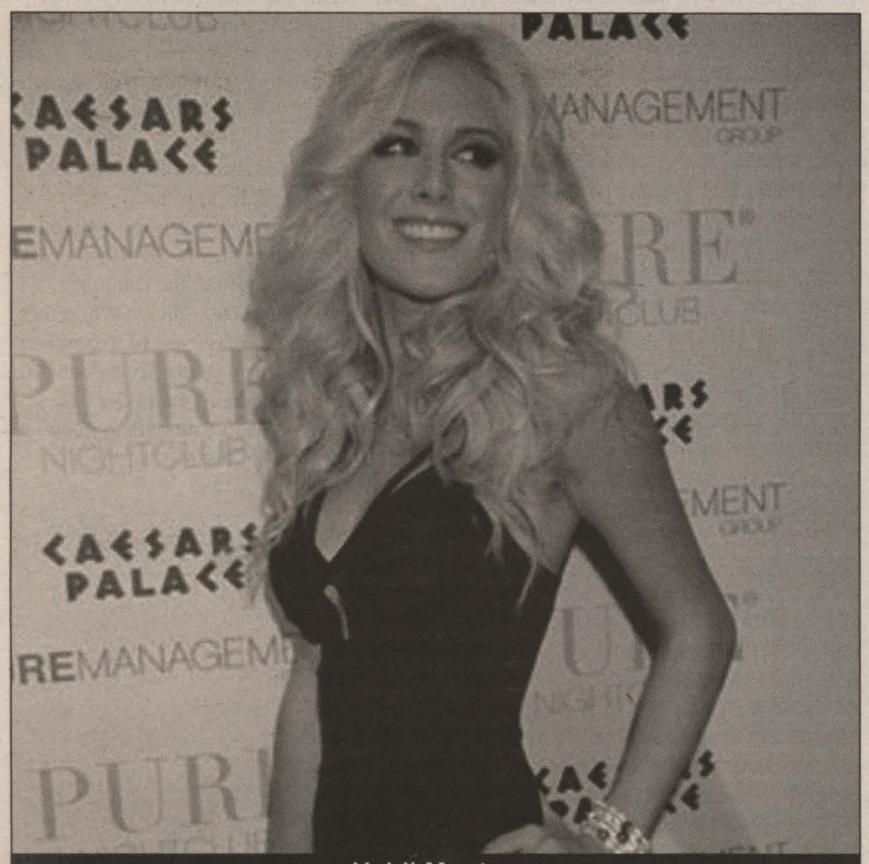
For more information or to register for a full-time, part-time or distance education program, visit:

bcit.ca/health

BCIT® | It's your career. Get it right.

Mattel madness

Heidi Montag rivals Barbie as a poor influence on girls



Heidi Montag

By **Stephanie Trembath**, Fashion Editor

A ubiquitous and symbolic figure of every little girl's childhood, which has evolved to come in all sorts of ethnicities and ages, is Mattel's infamous Barbie. The original blonde-haired, blue-eyed babe first appeared with an 18' waist and stood 5 foot 9. In 1963 Barbie was sold with a book entitled *How to Lose Weight* which advised "Don't eat," and was later accompanied by a small pink bathroom scale which claimed that 110 pounds was the ideal body mass. However, by 1997, huge controversies surrounding Mattel's doll and the major health and body image issues Barbie promotedMattel to create a wider waistline and more contemporary fashion designs.

After surviving harsh criticism and recent competition from the Bratz Dolls, Barbie has someone new to contend with in 2010. This newer version of Barbie walks, talks, shops, and comes equipped with her own small toy poodles and even Ken! She's the ultimate life-sized doll with blonder hair and smaller thighs; even guys like to play with her! With a chin reduction and fat injections to her cheeks and lips this Barbie's smile is bigger and better! A mini brow lift and Botox injections allow for tighter skin and less creases in her fake tan! Complimentary nose job and face lift show off her shapely Angelina Jolie cheek bones and highlight her profile! All-over-body liposuction in addition to butt augmentation makes this doll the skinniest ever so she can eat whatever she wants! The best part; her sized DDD cup breasts outdo any Mattel or Bratz doll!

This Barbie is a bit pricier than Mattel's typical toy; at $30,000 in new-and-improved procedures, this Barbie is set to launch her own album in addition to her TV show in order to cover her addiction to plastic surgery and shopping. Her album titled "Superficial" is explicitly representative of everything this doll encompasses. With a broad shouldered, tanned skinned male version of Ken to attend all the A-list celebrity parties with, this life-sized Barbie has nothing to worry about. At only 23, she has her whole life ahead of her to carve, nip, tuck, dye, and enlarge; not even Mattel can keep up with this brazen babe.

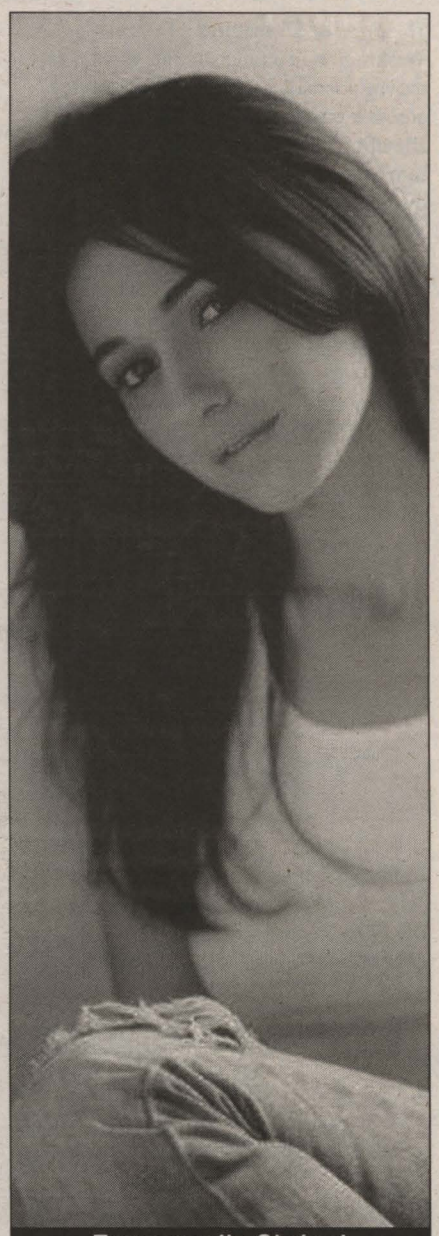
Her triple D cup breasts make her most desirable to men, so she has marketed herself well in targeting both genders. A famous quote by this new Barbie is that she wants the "Best *me* possible" in her obsession with herself. Mattel is *so* 2009 and Bratz are extremely *passé*. This year, young girls everywhere will be vomiting up their food, pouring copious amounts of chemicals onto their skin, and saving their waitressing tips to buy the Heidi Montag boobs.

And we thought a doll that quipped "Math is hard" was a bad influence.

modern muse

Canadian actress the most desirable woman of 2010

By **Stephanie Trembath**, Fashion Editor


Emmanuelle Chriqui

Leading ladies such as Kate Beckinsale, Keira Knightly, and Penelope Cruz are among the top European actresses who remain seductive yet classy. American girls, who include Angelina Jolie, Reese Witherspoon, and Megan Fox, exude so much glamour and confidence that their sex appeal is primarily based on the ability to outdo their competition and wow their audience.

Canadian ladies have a slightly different approach, which is probably why Canada's own Emmanuelle Chriqui made it to number one on Askmen.com's Most Desirable Women list of 2010. When asked "What does the modern man look for in his ideal companion?" over 6 million male readers on AskMen.com polled for Little Miss Emmanuelle from Montreal, Quebec. Easy going, modest, and reminiscent of an older and slightly less complicated Hollywood, Emmanuelle Chriqui made the hot list due to her subtle self-assurance, teasing good humour, and exotic Moroccan features.

Known as the svelte brunette beauty from HBO's *Entourage*, Chriqui plays Eric's on and off girlfriend Sloan, who most men say is the "perfect girlfriend." Chriqui's character is playful, cute, and constantly looking out for Eric, which are a few characteristics that Chriqui plays so easily that many men find attractive. This year Chriqui is currently working on *Elektra Luxx*, which is the sequel to the Hollywood film *Women in Trouble* written and directed by Sebastian Gutierrez.

CHΣΛPβΘΘKS
LIBROSBARATOS.MX
Textbooks bought and sold, new & used, online buybacks.
Buy, sell, rent at
cheapbooks.com (260) 399-6111
español (212) 380-1763
urdu/hindi/punjabi (713) 429-4981
See site for other support lines.

Piece of the Week ❋ The Snood

By **Stephanie Trembath**, Fashion Editor

Typical of a fashion item that's been brought back, the snood made its big debut this fall and into winter of 2010 for the first time since the early 1920's. Originally worn as a type of hairnet women put over long hair and knitted either with loose yarn or knotted lace, today the snood has been transformed into a more modern and cutting edge fashion accessory. This winter the snood is worn over the head and neck, and acts as a scarf or slouchy hood. At first this unique garment was only worn by motorcyclists and skiers, and was sewn with tightly knit fabrics, but later as there were more modifications made, the snood became one of the most sought after pieces on the catwalk.

Despite its ridiculous sounding name, the snood has been featured in major designer labels such as Stella McCartney, Marc Jacobs, Burberry, and Missoni. Knit with soft cashmere and other fine wools, the snood can be edged with fur to allow for a bit of outdoorsy flair, or pinned at the chest with a pendant to hold it in place to add glamour to your outfit. In softer tones such as pale blues, soft creams, light browns, and olive greens, the snood is a versatile and uncomplicated piece to put together a polished outfit. For a more dramatic look, the baggier cowl necked snood in rich reds and black portrays a more medieval trend that looks very much like you belong in a Shakespeare play and, when worn appropriately, looks incredibly modish.

Snood dresses became a big hit this winter; long knit skirts with the long cowl necked snood in the front and hood at the back. Cinched off at the waist with the belt and paired with a pair of tights and boots, the snood dress is another classic piece to add to your wardrobe.

The sex addict

Part one of a two-part series exploring why men and women treat relationships so differently

By **Stephanie Trembath**, Fashion Editor

Ever wonder why women get so attached while men seem to move on more easily? Or why after a one-night-stand, guys get a high five while girls are left tearfully watching the telephone?

I am limiting myself to stereotypes here, but it is a common knowledge that men are more capable at keeping sex separate from emotions and continuously sleep with someone they have absolutely no feelings towards. Ladies, let's be honest here; it is not in our routine to go out and "get laid" on the weekend. To the guys I am offending, I apologize in advance—there are exceptions to every rule.

Though more passive and emotional, in our day and age it's not unlikely for a girl to ask a guy out and be the pursuer, but females still struggle with a very large part of relationships: sex. If you sleep with a guy too soon, then you're a slut. If you don't sleep with a guy soon enough, you're a cock tease. Creating a balance between foreplay and leading someone on may be difficult; especially when you like someone and have a rush of endorphins.

This isn't even the main issue; the real problem ensues once women start having sex. As the saying goes "*men are from Mars, women are from Venus,*" and this is certainly true when it comes to the psychology of the brain, and the hormones and chemicals stimulated when in a relationship.

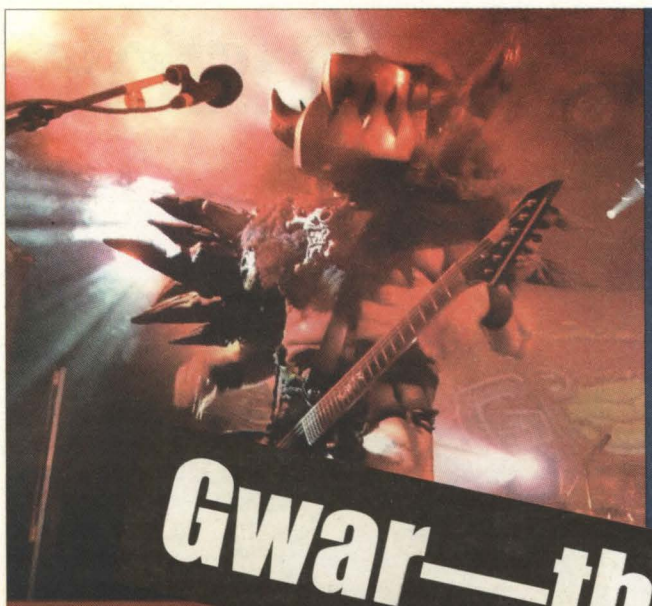
Helen Fisher, Ph.D from Rutgers University in the U.S., has published numerous scientific articles on sex and relationships with a focus towards the biology of love and sexuality. Her studies show that it takes exactly 90seconds to four minutes to determine whether or not you like someone, with the majority having to do with body language and tone of voice.

There are three main stages that relationships go through, says Fisher; the first being lust, then attraction, and lastly the most dreaded: attachment. In the first stage, sex hormones are primarily targeted, but during the second phase scientists believe that three main neurotransmitters are involved.

In feeling attracted to someone your body increases its adrenaline and cortisol levels; which are also activated during times of stress. Clammy skin, racing heart, and lack of speech around your crush are all due to adrenalin. Dopamine levels are also activated, which provide an instant rush of pleasure that has been likened to doing copious amounts of cocaine. Serotonin is the last neurotransmitter involved, which is responsible for cognitive functions such as memory, and causes you to constantly be thinking about your new love interest.

A study done by Dr. Donatella Marazzi, who is a psychiatrist at the University of Pisa, Italy, tested the brain mechanisms of couples who were in the beginning stages of a relationship. She wanted to see if the hormone levels of the couples were in any way related to brain functions of those with obsessive compulsive disorder (OCD). Marazzi was successful in her research as the serotonin levels of the couples matched those with mild OCD.

Marazzi's studies proved that when in a relationship some people actually develop low levels of obsessive compulsive disorder over their partner. This could be one reason why girls analyze and dramatize everything, or maybe why men become stalkers; however these are only the first two stages which affect relationships. To find out more about the third phase, and how men and women are stimulated differently pick up *The Other Press* next week!



An intimate interview with the supreme overlord of Earth, Oderus Urungus

Gwar—the most charmingly vulga outer space you'll ever me

By **Kristina Mameli**, News Editor

It's been 25 blistering years of interplanetary insanity, but one thing's for sure: the legacy of the kings of kitschy thrash will remain intact long after the band succeeds in getting the intergalactic drug trade back up and running. Hours before a sold out show at the plastic-sheathed Commodore Ballroom, *The Other Press* sat down with Oderus Urungus, the mighty leader of Gwar and ruler of Earth, to discuss the impending destruction of the human race among other things.

Whether you happen to be familiar with the mythology that surrounds Gwar or not, you can certainly appreciate their relentless touring schedule, astounding attention to detail and sheer dedication to the world they, with the help of their fans, have crafted through music and performance. Urungus and guitarist Balsac the Jaws of Death concisely summed up Gwar's storied past.

"Born for war, joined the Master Scumdog Legion, fucked up so bad, was loaded into the Butt Cannon, shot to Earth, killed the dinosaurs, mated with the apes, created the human race, sank Atlantis, banished to Antarctica, frozen solid, millions of years went by, ozone layer depleted, hairspray metal, Gwar thawed out…take it Balsac."

"Sleazy P. Martini finds us, turns us into a rock band and we conquer the earth. Done."

"He skipped the crack part. Sleazy P. [who invented crack] finds us, gets us addicted to crack, then all the other stuff happened. Ever since then—25 years; it's been like an eye blink," Urungus said.

Urungus, chewing beef jerky and chain smoking, was extremely cordial and nonchalant for the supreme overlord of the universe, and he was happy to be back in Canada.

"Canada is a thriving cesspool of fucked up Gwar freaks who demand their Gwar," began Urungus. "They really put the United States to shame at a lot of these gigs."

"You see, Cardinal Sin has stamped out all crack cocaine in outer space and Earth is the only place where I can score. So, being completely addicted to crack cocaine, needing it to live, I'm just stuck here until we can figure out how to get crack back into space. That's our goal now: to distribute the rock."
—Oderus Urungus

Gwar has toured the world over, with the sole aim of systematically destroying the planet. Though, as Urungus revealed, the band is directionally challenged, something that greatly hinders its ability to do so. "All of my destructive efforts have basically been in America and Canada. Talk about having trouble getting somewhere, we can't find Japan. It's just one little island out there in this big blue blob... we've destroyed Pago Pago so many times I can't count. In fact, they're just calling it Pago now."

Urungus attributed the difficulty of vanquishing places like Japan to the fact that Gwar is forced to travel everywhere on foot. "We can walk across the bottom of the ocean or use our Jesus boots and walk on the surface, but there's a lot of the world left to conquer. There's a lot of killing to be done," he said almost disturbingly passively. "And unless we improve our navigational abilities, I'm afraid we'll never conquer planet earth. If I can't find Japan, how can I destroy it? I mean, if there were enough places to play we probably would play every second."

"If we could get that time machine working then we could go back and tour 1992," Balsac the Jaws of Death piped in.

"Yes! The time machine! I'd forgotten it," said Urungus.

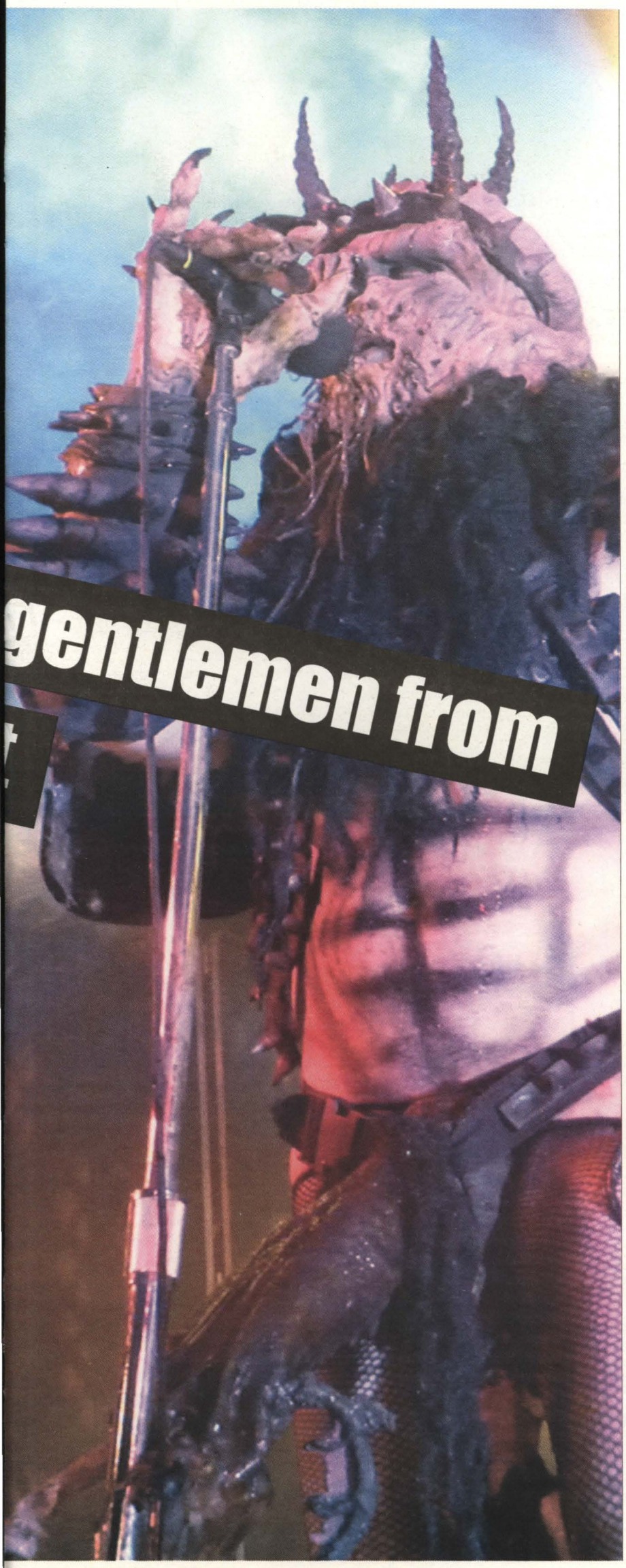
But the real question: why 1992?

"That's the year of Hannah Montana's birth," said Urungus, alluding to the possible need to destroy her.

"I'm a huge Hannah Montana fan," said Balsac, stifling that notion. "I would however, destroy Miley Cyrus. That buck toothed red neck whore has been riding on Hannah Montana's coat tales for far too long."

"We can't tolerate it," said Oderus.

Love of Hannah Montana and hate for Miley Cyrus aside, rumours that the *Lust In Space* tour will be Gwar's last have been circulating for some time; but Urungus quickly put a stop to any such thinking. "We like to dangle that in front of everyone's faces just so they can reflect on the misery they'll have when Gwar is gone," he laughed manically. "It brings me delight. For right now the human race is safe. You see, Cardinal Sin has stamped out all crack cocaine in outer space and Earth is the only place where I can score. So, being completely



gentlemen from

addicted to crack cocaine, needing it to live, I'm just stuck here until we can figure out how to get crack back into space. That's our goal now: to distribute the rock."

A quarter century down the line, Gwar's stage show continues to improve with each tour. To mark its landmark anniversary, the band has continued its admirable touring schedule, put out a new record and a boxed set, appeared on FOX News and released a Christmas single. "Everything we do is special," said Urungus. "We're Gwar! When we take a crap it's beautiful…"

During the show, the band is notorious for slaughtering effigies of public figures while spewing green and red goo on the audience. Who Gwar chooses to take issue with seems to vary from show to show, however. "If I tell you who we're mutilating and sodomizing and murdering, then no one's going to have any fun, except me," snarled Urungus. "We're definitely going to kill the president because that's just a Gwar tradition, and let's see, who else? A lot of intergalactic assholes… Gwar has hooked up with an unnamed celebrity who recently died who was the biggest pop star ever—we're giving him another shot. I'm not going to say who it is, except his initials are M.J., but I can't really leak that information... he will be coming back to do a final performance for the human race."

A select few Gwar fans, those willing to pay top dollar, are privy to special "meet and beat" sessions with the band before shows. "You have to pay a lot of money to get back there," revealed Urungus. "It's just a ploy designed to sell these tour programs we've got and it's working splendidly—of course, motivated like everything else by money."

At an official press conference in Montreal, Urungus mentioned that the H1N1 epidemic is in fact a government conspiracy. He offered some interesting social commentary on the subject: "It's lame. I mean so many more people die of cancer and AIDS, why are they worried about this? People should die anyway. I mean, they're supposed to die. Instead of these government centres where they give out vaccines, let's go to the government and get diseases. You can sign up for all those social programs and get free drugs and free money—the more people are sick, the better the country does."

Gwar thinks of themselves as historians rather than storytellers. "We don't make up anything; this is all real. This is where Gwar has a leg up on bands like Lordi and Slipknot. They're emulating Gwar, but they're just people dressed up as monsters."

Further to that shocking truth, in 1993, Gwar was first nominated for a Grammy for the film *Phallus In Wonderland*. The band was not welcome at the event, but chose to go anyway, allegedly leading to huge brawl with security. "I believe the guy who played Captain Piccard got a black eye... and there was some spilt champagne and some hurt feelings," said Urungus of the catastrophic event. "If that's debauchery, then I'm Mary Poppins."

Recording any Gwar album is quite the ordeal. "[There's] yelling, screaming, fighting, smashing equipment, blowing up large sections of real estate, dead producers, crucified catering crews, and finally music. Rocking…then back to that other stuff for awhile, then new album."

Lust In Space is Gwar's 11th studio album, an effort that as Urungus described is "simply magnificent." According to Urungus, the band's inspiration comes from the events of their everyday lives. "Fighting giant robots, smoking crack, running into our old general at intergalactic truck stops—"

"It's really an album for everyday people doing everyday things," interrupted Balsac.

"If we could get that time machine working then we could go back and tour 1992," —Balsac the Jaws of Death

"This is how we grew up," chimed in Urungus. "We're singing songs about the streets; trying to keep it real."

As the band increases in popularity, Urungus maintains that the human race doesn't get it at all. "Some of them do, and those are the Gwar fans, but the great majority of the human race is far too stupid to understand the nuances and the complex subtleness that is Gwar."

When asked if the band is currently writing, Urungus explained that though Gwar hasn't written a single note yet, they already know exactly what the album will sound like. "It's basically walk into the studio and just plug in. Done. Balsac just has to touch one button and the album will instantaneously appear in record stores everywhere."

Urugus explained that though it's just that easy, when coupled with the lengthy process of getting there, it could take several years. "We're going to get out it in a year. We're going to try really hard for all those retard kids out there, we're going to try…"

Gwar's latest, *Lust In Space*, is now available from Metal Blade Records.

O-PINION

Knowlton Knows

Newspapers becoming old news

The world of traditional print publishing is nearing fatal collapse. Part two of two looks at an industry heavyweight—journalism.

Knowlton Thomas

A father reads the daily morning newspaper and chats with his son at breakfast. "Wow, did you hear about Tiger Woods? He allegedly had an affair with some bartender. Look at this."

His son stares at him long and hard, raises an eyebrow, then leans back with a shrug and a laugh. "Dad," he says,

"Twitter should render newspapers as useless as a Styrofoam brick. Right? Well... there is another side to the story, a key element that print papers still boast exclusively."

placing a hand of pity on his father's shoulder, "Ten affairs have already surfaced, including voice message and phone text evidence. Have you been living under a rock? I've been getting real-time updates on my iPhone from Twitter. Get a life, old man."

The father weeps softly.

As obnoxious as the dad's son may be, he does raise a valid point—print newspapers deliver most news considerably slower than real-time online social networks such as Twitter. With incidents like the Balloon Boy hoax, and more recently, Tiger Woods' surreal thrash of dirty affairs, Twitter delivers the goods. Not only does it feed readers information first, it also provides real-time updates, allowing people to follow news as it unfolds.

This concept is both helpful and thrilling, and should render newspapers as useless as a Styrofoam brick. Right? Well... there is another side to the story, a key element that print papers still boast exclusively.

This element is the honest authenticity of *factual discussion*. While Twitter may pump out real-time updates around the clock, consider the sources. An uneasy blend of low quality online news services and basement-dwelling rumourmongers. True facts do come through, but followers must be careful in filtering out the junk and sifting through mere rumors. And often, before any legitimate facts are unveiled, multiple waves of entirely false information crash down on Twitter's shores. This can be inefficient, not to mention tedious, for people wanting the cold hard truth.

With traditional journalism, facts are triple-checked and reporters ensuring maximum accuracy is the sole current running through each article. This higher level of truth enables readers to relax; no sifting or filtering. If they want to relay information or develop an opinion on the matter or event, they can do so with the assurance of good old-fashioned factual backup.

The act of discussing the news in traditional print journalism is vital as well. There is little value in a three-sentence blurb of freshly surfaced rumours without pillars of supporting evidence. A lot more can be said for articles that include relevant background information, attach details, and tag on reputable sources as a stamp of factual quality.

While reading the morning newspaper may feel like a primitive act nowadays, it can still offer a lot of value. And even with Twitter and the concept of real-time feeds on the rise, print journalism's purpose, albeit now narrowed, still stands strong.

Drawing a line between exercise and addiction

By **Noreen Mae Ritsema** – The Manitoban

WINNIPEG (CUP) – As most gym junkies can attest, the gym gets noticeably busier in January. Not only are more people visiting the gym trying to purge the excesses of the holidays and trying to compensate for missed workouts during holiday gym closures, but there is also a spike in new members joining the gym.

You know it's the new year because you are blinded by all the shiny, white new runners being sported by people determined to start exercising. You also know it's the new year because your favourite exercise bike that you use at the beginning of every workout is being used by one of those people wearing shiny white sneakers.

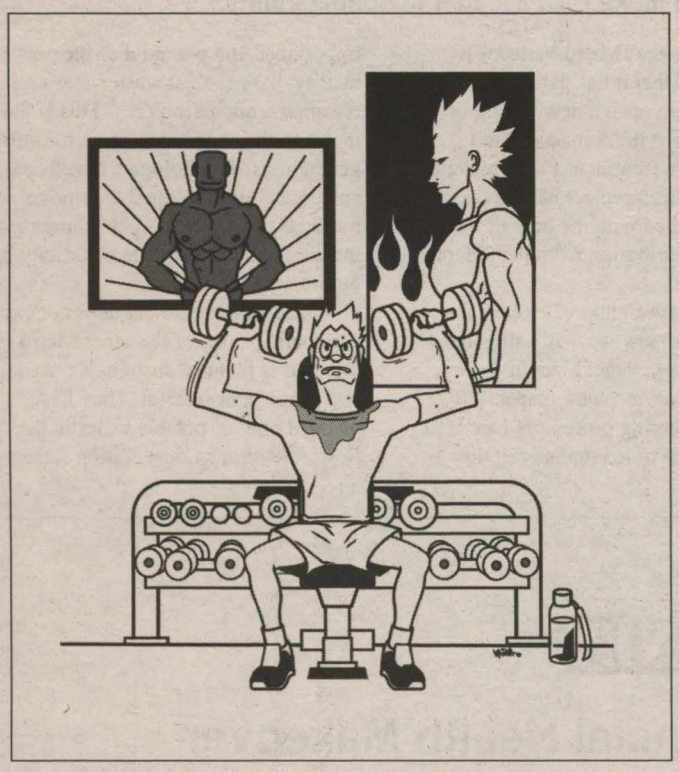
The good news, or at least the truth, is that by the end of January most of those new running shoes will be sitting at the backs of closets under piles of clothes as people realize how much work a workout actually is. It is unfortunate, but at least you get your bike back.

As we welcome a new year, so many people add exercising to their list of New Year's resolutions. That is important and ambitious, but for some people it is also possible to exercise too much.

If you do go to a gym often enough to have pieces of workout equipment that you affectionately consider your own, it may be time to consider what it means to over-exercise.

There are both physical and psychological components to over-exercising and both are complexly related, exposing the difficulty of actually diagnosing the problem.

Physically, symptoms that indicate that you are putting too much pressure on your body include consistently sore muscles, sleep disturbances, lack of motivation, decreased appetite, sudden weight loss and increased incidences of injury. Any or all of these signs translate to your body needing you to exercise a little bit less.



"The good news, or at least the truth, is that by the end of January most of those new running shoes will be sitting at the backs of closets under piles of clothes as people realize how much work a workout actually is. It is unfortunate, but at least you get your bike back."

These physical symptoms can be obvious and intrusive indicators that you are over-exercising. Your body is literally telling you to slow down. What can be more insidious, however, are the psychological aspects of over-exercising. Also known as compulsive exercising, this phenomenon is considered an addiction and has been categorized alongside eating disorders.

Compulsive exercisers often lack clear fitness goals and tend to work out longer and more frequently than necessary. It has been speculated that people who compulsively exercise are addicted to the chemical reactions in their bodies caused by exercise.

Interestingly, it has also been found that many over-exercisers have skewed opinions about their bodies, often perceiving themselves to look heavier than they actually are. This is the same distorted body perception that fuels many eating disorders.

The psychological aspects of compulsive exercising are also a matter of a person's perspective on their exercise regimen. The general guideline indicating whether you are exercising too much or not is reflected in how high of a priority you place on exercise. You should be concerned about over-exercising if you prioritize workouts over friends and family. Another sign may be if your friends and family are concerned that you exercise too much. Remember, exercise is only healthy when it is not taken to an extreme.

Ideal bodies that are unrealistic for the majority of people permeate the media and it is not uncommon to see women reading fashion magazines featuring ultra-thin models at the gym while they work out. Perhaps this common scene shows a correlation between the media's glorification of thinness and compulsive exercising. What is not so easy to see is the line between healthy exercising and over-exercising. For some people, it may be time to take a step back and evaluate which side of the line we find ourselves on.

Don't take your studies for granted

Trevor Doré
opinions editor

It has been almost a month since the start of the winter semester and like so many other students I am finding it hard to get back into the groove. Course readings are starting to pile up and I cringe at the thought of looming essay assignments and exams. The countless hours that were spent researching, studying, and reading last semester seem like distant memories. The thought of another investment of countless hours seems tedious and I sometimes find myself dreading the thought of school.

I am sure that at one point or another, we have all whined and groaned about going to class and having to do piles of homework. Some of us can hardly wait until we are finished school so that we can get on with a full-time job. While a full-time job can be nice, especially if you're looking to make money, it's not always what it's cracked up to be. Take it from a guy who held a mundane full-time job not so long ago.

Firstly, most full-time jobs consist of a minimum 40-hour workweek—the typical nine to five. While some students may be required to spend 40 hours a week on campus, I am going to assume that this is the exception rather than rule. Not to mention, rarely do students spend five days a week on campus. 40 hours a week may not sound like much, especially if you are getting paid, but this only represents the time spent *at* work and does not include the time it takes to travel to and from. Most people live a fair distance from their place of work, some having to commute one to two hours in each direction. In the end, you may wind up devoting ten hours a day or 50 hours a week to work. This is a considerable amount of time, leaving little time for the extras.

Working this much might be fine by you, especially if you're in a job that you enjoy. However, many jobs require repetition of a series of what can sometimes be monotonous tasks. Regardless of if you like what you do, having to do it over and over again is going to get old after a while. Unless you have a job that encourages you to move up in the company, learning new things and educating yourself is left up to you, on your own time. Because so much time is already being devoted to work, there is little time for these extras.

At post secondary, you are submerged in an environment apt for learning. On a daily basis you have the opportunity to interact with like-minded individuals and discuss events, theories and practices that are very relevant in the world that surround us. You are constantly learning about new things. The purpose of your post-secondary years is to educate and enlighten. Whether you spend 10 hours or two hours a day at school, this time is devoted to the development of your mind. Post secondary is a privilege not a right and should never be taken for granted.

So the next time you find yourself procrastinating and neglecting your studies, remember the years at post secondary are invaluable. You have the rest of your life to work. Take this time and enjoy it and above all else—don't take it for granted.

Fuming? Nodding? Tell us what you think; contact opinions@theotherpress.ca with your opinions about this or any other article

O-PINION

Making sustainable sexy

New government funded programs aim to make B.C. a leader in sustainability.

By **Trevor Doré**, Opinions Editor

The stuff that you and I flush down our toilets and drains will be the focus of the new Annacis Centre of Excellence. The idea is to make "sewage sexy." Not many of use give much thought to what happens to the stuff that we flush down the drain; however, wastewater is an important consideration for a sustainable future. Many places around the world and some in Canada don't even treat their wastewater before flushing it out and into the environment.

Last week, Metro Vancouver announced that it has partnered with UBC to open a new Centre of Excellence at the Annacis Island Wastewater Treatment Plant in Delta. The $9 million project has successfully been launched with the help of a $3 million contribution from the federal government.

The new Centre of Excellence aims to find new ways of using and treating our sewage. In an interview with *The Province* newspaper, UBC civil engineering professors Eric Hall and Don Mavinic emphasized the importance and potential of the new facility: "We look at wastewater as a resource... not a problem." This is the message they hope to pass on to future generations. Technologies have been and are being developed to remove nutrients, nitrogen and phosphorus from the waste and to generate electricity by burning the methane.

If sewage treatment does not excite you, perhaps one of the other Metro Vancouver planned sustainable academy will pique your interest. They have planned one for potable water in the Lower Seymour Conservation Reserve; one for fish and community stewardship at Kanaka Creek in Maple Ridge; one for sustainable food production at Colony Farm in Coquitlam and one for cultural response to nature at Pacific Spirit Park.

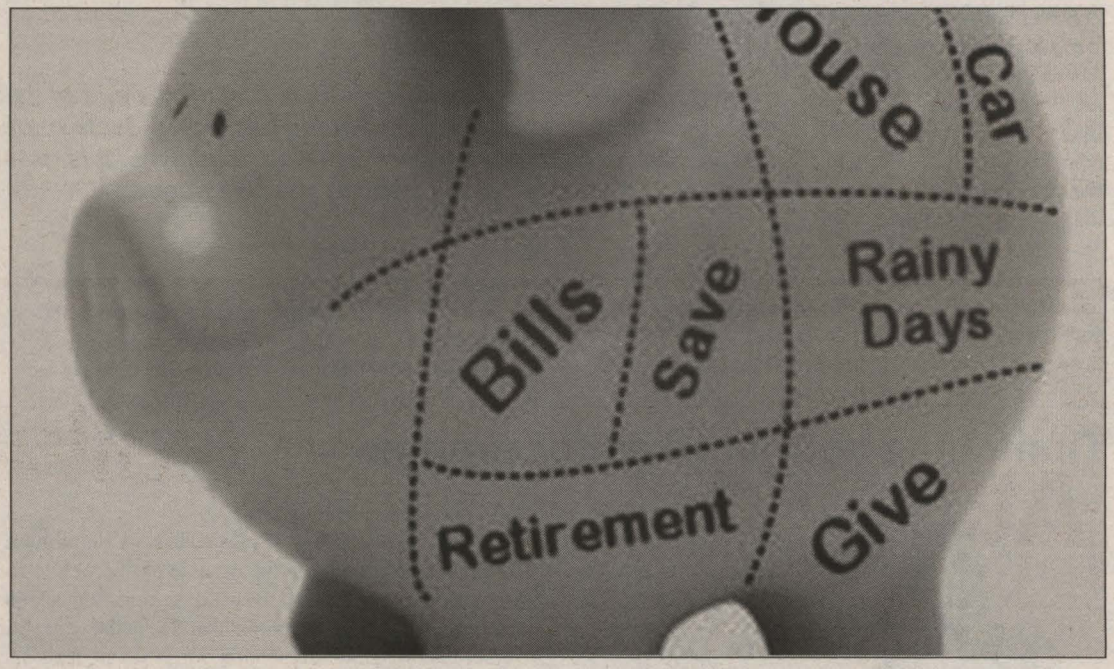
The importance of developing sustainable initiatives that partner with educational institutes to enlighten and inspire upcoming generations is crucial. In a world of finite resources, creativity and innovation in addressing issues of sustainability and sustainable technology is paramount.

STUDENTS & MONEY

New Year Financial Health Makeover

By **Grace Neptuno**

New year, new start. With all the focus on changing your health (or unhealthy) patterns, why not give your finances a little detox as well? The following tips could help you on your way to a healthy financial makeover. But just like with any healthy makeover, the rewards found aren't just in the pounds lost but in the healthy habits gained:



1. **The B-word:** Like any healthy-eating resolutions, you will need a plan of action. This goes the same for a healthy financial makeover. You will need a plan, a.k.a. a budget. If you binged a bit on your spending during the holidays, it's okay. A budget helps keep your spending trimmed to a healthy size. Don't worry that you didn't stick to your original budget last semester. The new year is a good time to start over. Set a goal like, "I will save $500 by the end of the year."

2. **Write it down:** A food journal allows dieters to track their calories. Keeping a spending journal will also help you track your dollars and cents; a bagel here, a coffee there, cigarettes, movie rentals—these items add up. Use a small notebook and track your spending for a month, write it down every time you give up some money. At the end of the month, take a look at where you can make some cuts.

3. **Planned spending:** We all know about the dangers of crash dieting and extreme workouts. Killing yourself at the gym, starving yourself all day then eating a piece of cheese isn't the healthiest option—we either pass out from hunger or eat the entire block of cheese when no one is looking. This goes the same for a financial crash diet. Cutting out all the extras from your budget leads to a save-then-splurge cycle, wondering why you bought six pairs of jeggings when you clearly needed none. Go slow. Avoid the spending binge by budgeting for fun too. Just be sure that the amount budgeted isn't out of control.

4. **Avoid temptation:** Just like you would avoid a Friday night burger in order to stick to your healthy eating plan, avoid financial cheating by steering clear of the shopping mall. The fluorescent lighting, the swarms of post-post-post-Boxing Day sales signs, the aroma of one too many Fruits & Passions scent samples, the Mac and Sephora Goths are there to lure you into their stores and to take your money.

5. **Enlist help:** The reason there are things such as Weight Watchers' Clinics, personal trainers, and friends is so that you can stay on track and receive much needed encouragement during those tough times. The same goes for a financial makeover. Tell your friends and family that you're trying to be more conscientious about your spending and share your financial goals with them. Chances are, they may be in the same boat but just felt too embarrassed to talk about it.

6. **Reward yourself:** Dieters are always being encouraged to reward themselves but *not* with food. This holds true for your financial makeover too. If you set a goal of saving $500 by the end of the year, take your $500 and put it towards your tuition; that's a little less loan to worry about next year. Or move it to a higher-yield TFSA. Just like with exercise the goal is to create a habit, with finances, the goal is to create a habit of saving.

New parking tax a necessary evil

By **Trevor Doré**, Opinions Editor

At the beginning of the month, taxes on "off-street paid parking lots" in Metro Vancouver increased three times to 21 per cent. The money generated from the tax will go to TransLink to help fund public transit and the construction of new roads and bridges. Many citizens and downtown business and building owners are outraged. They claim that the tax is just another money grab targeted at a select group of commuters. Some business owners have even formed a coalition to "Drive out the Tax."

I can understand that no one wants to spend any more money than they have to. Wages in B.C. are arguably not adequate to keep up with the ever-increasing cost of living—especially in downtown Vancouver. Perhaps the current state of spread out communities in metro Vancouver is not ideal for public transit, but something must be done. The population of Metro Vancouver is projected to increase significantly over the next couple of decades. If this population growth is met with a transit system that favours the automobile, we are in for a real mess.

The environmental, economical and social impacts of the automobile are all well known, yet we continue to pour money into bridge construction and the widening of roadways. A continuation of this bigger is better philosophy will result in a future where a parking tax increase will be the least of our worries.

Currently, public transit throughout most of the Lower Mainland is seen as unreliable, uncomfortable, and very slow. This general perception serves only to compound the problem. As more people opt for automobile travel, congestion increases and the problem only becomes worse. As a cyclist, there is no better feeling than whizzing by a line up of gridlocked cars. Perhaps, if people using public transit were given this same feeling every time they took the bus or rode the SkyTrain, transit use would increase.

"The environmental, economical and social impacts of the automobile are all well known, yet we continue to pour money into bridge construction and the widening of roadways."

We have to find ways to make public transit more appealing to the general public. We need to develop a safe, convenient, reliable and comfortable public transit system. Unfortunately, it's not going to appear out of thin air.

I used to drive in to downtown Vancouver to go shopping, but after multiple trips confronted by congested one-way roads, absent parking space and outrageous parking prices, I now opt to take public transit. It may take a little longer, but the SkyTrain stops in multiple places in the downtown core and I have always enjoyed walking rather than driving around downtown. Personally, increased parking stall prices will not deter me from visiting downtown Vancouver; it will just further deter me from driving there. Have business owners forgotten that transit users are consumers as well? While it may not work for everyone, a properly functioning transit system is crucial to the downtown business district.

In the end, it always comes down to the big picture. In the past, urban development has favoured the car. That is no reason to say that we can't change now and start planning for different modes of transportation. Although reducing spaces for cars may generate conflict in the short-term, if we continue to build more roads, bigger bridges and add parking spaces, the problem will only continually get worse. Bigger and wider roads lead to more roads - it's a vicious cycle. The problem needs to be addressed. Land-use and transportation use planners must work together to minimize travel distances and encourage alternative forms of transportation. While it's never too late to make changes to future plans, we must up-date and manage what we currently have. This, however, does not come without a cost. Increasing the cost of downtown parking stalls will generate revenue for public transit infrastructure and reduce the appeal of the automobile.

Everyone is looking for a solution but nobody is willing to pay the price.

Fuming? Nodding? Tell us what you think; contact opinions@theotherpress.ca with your opinions about this or any other article

Attention Douglas College Students!

Copies of the Other Press's Audited Financial Statements and minutes from its Annual General Meeting are available to be viewed by all Student of Douglas College.

Our office is located in Room 1020 at the New Westminster Campus.

E-mail business@theotherpress.ca with any inquiries.

SPORTS

New coach for women's soccer

By **Garth McLennan**, Sports Editor

The Douglas College Royals women's soccer program revealed their new coach after several weeks of speculation over the winter holidays, and Ciaran McMahon is the man charged with the task of trying to lead the Royals on the path back to respectability.

The Royals endured a difficult season in 2009 where the young team finished tied for last in Pool A in the BCCAA standings, managed just four wins over the course of the 12 game schedule, failed to qualify for the provincials championships and were largely overshadowed by the success of the men's team, which won provincials and competed at nationals in Ottawa. With the departure of former head coach Randy Taylor, McMahon will look to settle things in the upcoming year.

"I hear that he comes in with a lot of experience," says sports science professor and golf team head Coach Gert van Niekerk.

Experience is certainly something that McMahon has in spades, and he brings a winning pedigree to a program that is desperately trying to get back on track. In addition to his coaching duties with Douglas, McMahon is also the general manager of the USL Super Y League's Coastal WFC. He also knows how to win championships. This past season McMahon helmed the U16 Coastal girls squad to the 2009 North American Y League title. McMahon has been coaching professionally for over 15 years and attended UBC in his youth, where he obtained a double bachelor's degree in education and mechanical engineering.

"Douglas College is very fortunate to have Ciaran McMahon join our Royals coaching staff and we are confident that he will ensure an elite-competitive atmosphere that will permit student-athlete success both in the classroom and on the field and will enhance the student experience," director of athletics and campus life Dean Howie said in a press release at the announcement of McMahon's hiring.

During an interview with *The Other Press*, McMahon was charged up about his hiring committed to getting the Royals back into a winning state of mind.

"Absolutely, I'm really excited about it [the hiring]. It's an excellent opportunity for me. They show a ton of potential and I've heard a lot about them. My brother plays on the men's team and so I've heard a bit about them." The new coach said.

On the team's less than stellar finish in the standings last year, McMahon stressed the importance of creating a winning environment.

"Right now I'm just taking stock of where exactly the team is at and focusing on recruitment. I can say that this will be a professional program and that commitment will have to be high. The onus is going to be on them to perform and on me to get them to perform.

"It's exciting on my part to be involved and to be with someone like Dean Howie, who has just created a really great environment. There will a level of commitment that maybe wasn't always there before."

No matter how poorly the team performed last season, McMahon's hiring has to be treated with a degree of enthusiasm. Anything is an improvement from last year, and with a steady hand in place to guide the team, things are indeed looking up the Royals.

"Right now I'm just taking stock of where exactly the team is at and focusing on recruitment. I can say that this will be a professional program and that commitment will have to be high. The onus is going to be on them to perform and on me to get them to perform." —Royals' new coach Ciaran McMahon on rebounding from a disappointing 2009 season

Say hello to the bad guy

Which UFC superstar should headline the first event in Vancouver?

By **Garth McLennan**, Sports Editor

With the path finally clear for UFC to make it's way to Vancouver, thanks to an *at last* logical decision from city council, rumours have been swirling as to just who will be headlining the card when Dana White's wildly successful promotion makes it's Western Canadian debut in June.

The most prominent of those names being bandied about—and also the most credible if you subscribe to Vancouver sports talk radio—is that UFC's resident powerhouse and undisputed heavyweight champion Brock Lesnar will defend his title for the first time. Lesnar won the belt from Frank Mir back in July at the UFC 100 extravaganza, but since then has been stricken with a case of diverticulitis, a common digestive disease, and has therefore been unable to defend the UFC World Title, despite several attempts at rescheduling.

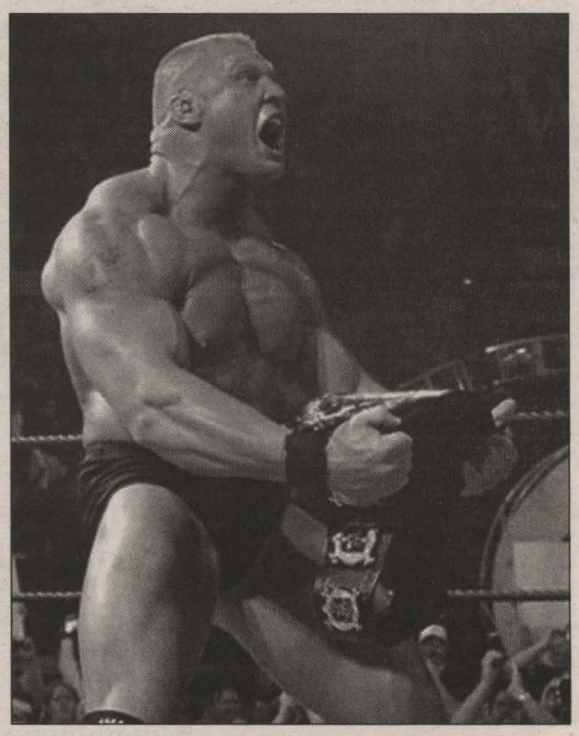
UFC has been fighting to land an event in B.C. for years now and with the legal hurdles finally cleared up, there's no doubt that White will want to put on one hell of a show and prove to everyone here who doubted him just what UFC is all about. While nothing is set in stone, Lesnar is tentatively set to return and be fully recovered around that time.

What is safe to say though is that if anyone can make an impact when UFC finally does come to GM Place, it's Brock Lesnar. Despite his relatively short MMA career so far, he's already established himself as one of the sporting world's most controversial figures after his UFC 100 victory. After knocking out Mir, a charged up Lesnar, clearly channelling the showmanship spawned of his old WWE days, proceeded to taunt his fallen foe, flipped off the incensed crowd, buried UFC's sponsor and then told the media just what he planned to do with his wife later that night.

Now, regardless of what you think of Lesnar, and there's little doubt that he isn't exactly Wayne Gretzky in the sportsmanship department, there's no question that the man gets people talking. He's a marketing machine that a whole company can be built around. Just consider how diverse and varied his athletic background is. It reads like something out of an action movie: a fabulous four year NCAA career with the University of Minnesota where he was a two time All-American and a national champion in wrestling with 106 total victories and just five losses; a superstar run with Vince McMahon's WWE that saw him rise to the top of the company as it's world champion and a Wrestlemania headliner in just two years; a memorable pre-season with the NFL's Minnesota Vikings that saw him just fall short as a final cut and now an already storied UFC career that has seen him become the company's cornerstone and world champion in just over a year. Plain and simple, that's an amazing athlete, and he's still just 32 years old.

With all of that history, coupled with a bombastic personality and a love of both the camera and the microphone, this is a guy who can draw money, who can draw fans and can convince people to buy tickets, pay-per-views and merchandise. Sure, he may be a jerk but it may all be an act; after all, Lesnar is a former Vince McMahon protégé, and who creates larger-than-life characters better than Vince?

"What is safe to say though is that if anyone can make an impact when UFC finally does come to GM Place, it's Brock Lesnar."



Now, the other name being thrown around is Canadian, and UFC Welterweight Champion George St. Pierre, who would also be a massive hit here in Vancouver.

Who would be better suited to headline Vancouver? I think most would say St. Pierre, but I'd go with Lesnar. Who knows though; come June, we just might get to see both.

Is Sidney Crosby actually overrated?

By **Garth McLennan**, Sports Editor

Everyone acknowledges that Sidney Crosby is one of the NHL's premier talents and best players. There's no doubting his on-ice talent and his ability to produce points on par with the very best in the world.

But despite Crosby's consistency, his crowded mantle stocked with NHL scoring championships and MVP awards and his captaining of the Pittsburgh Penguins to the Stanley Cup last year, Crosby doesn't seem to get the recognition or respect from most fans, or at least, not on the same level as guys like Alexander Ovechkin or even teammate Evgeni Malkin.

Maybe it's the tremendous hype we've been exposed to about Crosby for years now. After all, since the Nova Scotia native was 15 years old, we've been bombarded with a seemingly endless stream of highlights, reverent talk from all of hockey's television experts and a massive promotional push from the NHL, who have centered their entire post-lockout image on Crosby.

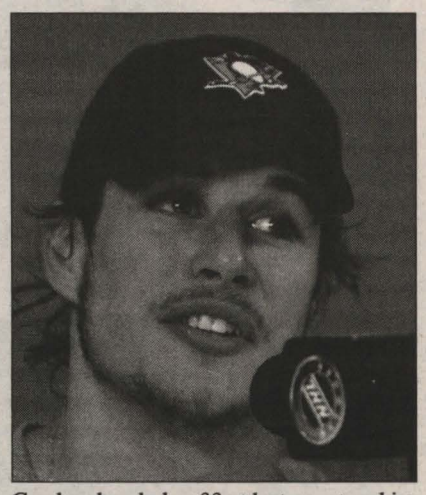
So maybe people are a little burned out by it all. Maybe all the Gatorade and Reebok commercials, the non-stop following of him by the entire hockey world no matter what city you live in and the heart-warming Tim Horton's ads have everyone a little bit tired of Sid the Kid.

"Sure, Crosby's good, but he's no Ovechkin," or "Yeah, I guess he's good, but he whines a lot, and he dives, too." Those are just a few of the general responses you'll get if you ask for an opinion on Crosby. Heck, I used to subscribe to them myself. The thing is, they just aren't true anymore.

Sure, Crosby may be a little bit overexposed by the NHL, but when it comes to what he can do on the ice, he has proven time and time again why he's the one getting all of the attention. Everyone is familiar with Crosby's laundry list of awards and accolades, and there's no sense in repeating them here, but what really stands out, at least to me, about Crosby was his remarkable performance in last year's playoffs, where he proved beyond a shadow of a doubt just how good he can really be when the pressure's packed and the lights are on bright.

There was no lack of grit or toughness from the Penguin's captain. There was emotion, for sure, but no whining or complaining to the referees like we saw in Crosby's early years in the NHL. What replaced that image was an iconic version of the 22 year old battling madly each and every game, putting up 15 goals and 31 points during the most physically and mentally gruelling time of the year and hoisting the Stanley Cup on basically one leg after a thrilling seven-game duel with the dynastic Detroit Red Wings where Crosby sustained a damaged leg after a crushing body check from Johan Franzen.

This season, Crosby has continued his maturation. Whereas in previous years he has never exceeded 39 goals in a single campaign and has always been known more for his passing skills, this year



Crosby already has 33 at last count and is tied for second in the league in goals.

After dramatic runs to the Cup finals over the last two years, Sidney Crosby has proven himself to be not just a generational talent but also one of the best and fiercest leaders in hockey. He's coming to Vancouver in a few weeks as an integral part of Team Canada's entry at the 2010 Olympic Games, and it is now perfectly clear that he fully deserves everything that comes his way.

"'Sure, Crosby's good, but he's no Ovechkin,' or 'Yeah, I guess he's good, but he whines a lot, and he dives, too.' Those are just a few of the general responses you'll get if you ask for an opinion on Crosby. Heck, I used to subscribe to them myself. The thing is, they just aren't true anymore."

CANUCKS CORNER

Samuelsson sticks it to Sweden

By **Garth McLennan**, Sports Editor

Who says Swedes can't play hard? Mikael Samuelsson is certainly proving that stereotype wrong with his fiery level of play since Team Sweden announced their Olympic roster.

Before the roster was revealed by Swedish head coach Bengt-Ake Gustafsson, almost everyone considered Samuelsson to be a lock. After all, he won gold with the Swedes at the 2006 Olympic Games in Turin, and then repeated the feat that summer when he played a big role in helping Sweden to gold at the World Championships. He was brilliant in both competitions, but particularly so at the Worlds, where he posted nine points and four goals in eight games as one of the team's leaders.

He was unavailable for Sweden during the next three years as he was busy helping his Detroit Red Wings to deep NHL playoff runs, culminating in a Stanley Cup victory in 2008 and another finals appearance last year.

So despite all that international and NHL success, Samuelsson was left off of Team Sweden for the 2010 Games? Why? A prolonged 14-game goalless streak was cited by many as the primary reason, but if that was the case, then why was Fredrick Modin included on the roster in his place? Modin has missed pretty much the whole year and has a grand total of one goal so far. Is that Olympic worthy?

After getting cut from the team, Samuelsson was obviously—and understandably—pissed off. He eloquently said that the Swedish officials responsible for selecting the team could "Go fuck themselves", and that he wouldn't be interested in joining the team should an injury open up a spot for him (although he recently seemed to backtrack on that, saying that he wouldn't speculate on it if he was asked).

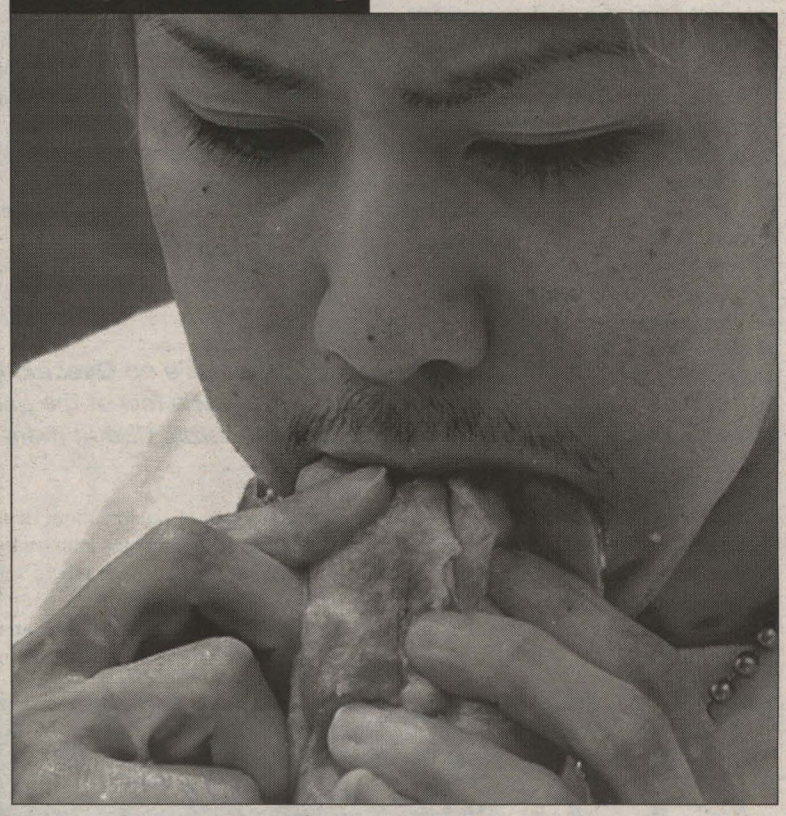
Immediately after being notified that his services weren't needed for Sweden, Samuelsson went on a tear that hasn't subsided yet, snapping his slump by posting six goals and nine points in a ten game stretch. He's been playing with a heightened level of intensity and in 49 games now has 16 goals, 17 assists for 33 points, and is proving that Mike Gillis made a good investment in signing the 33 year old to a three year, $7.5 million contract this summer.

"They can go fuck themselves,"
—Mikael Samuelsson, on the selection committee for Team Sweden

While Samuelsson didn't click with the Sedin twins, which was what was expected to happen when he joined the team, the right winger has had no hesitancy to shoot the puck, his 150 shots lead all Canucks, and that's with ice time that is far from the highest for forwards on the team.

With all of this, Samuelsson has played his way back into the Swedish roster consideration, and Gustafsson might be forced to put him on the team if Peter Forsberg and a few others aren't able to make it back from injury in time for the start of the Games. Both sides will have settle some simmering differences to make that happen, but if Samuelsson's play is any indication, it will have to happen sooner or later.

Competitive eating



By **Garth McLennan**, Sports Editor

What does ESPN, and up here TSN, put on to fill space as cheap programming at one or two o'clock in the morning? Aside from things like surfing and bowling, you also have a pretty good chance of withessing the spectacle of competitive eating.

That's right, competitive eating. It may be more than one sports network, but is it a sport? Let's take a look.

There's clearly competition, as the name suggests, in eating contests, regardless of how unique it may be. There's a good measure of endurance required, because, you know, shoving all those hot dogs down your gullet takes a lot focus not to vomit it all up. That requires just as much toughness and determination as the linebacker in football, right?

And hey, those guys are true blue athletes, aren't they? Okay, that one is more than a little hard to stretch into credibility. I mean, it's pretty hard to match some 300 pound trucker with three chins and ridiculously wide gut up against a Floyd Mayweather or a Derek Jeter.

Now, I know that for the few competitive eating fans out there (let's be honest though, how many can there be?), there is the argument that the eaters, no matter how heavy they may be, have to go through rigorous training to get there bodies in shape to accept that much food. To be fair, there is probably some merit to that. It is most likely very true that the average person couldn't consume half of what those guys do in one sitting. However, while it may be extremely difficult to take in that much food, that doesn't make it an athletic accomplishment.

THE VERDICT:
Just because something is hard doesn't mean it's a sport. Acing a math test it exceedingly tough, but it is isn't an achievement in athletics. The same goes for mastering cooking or fixing a computer. Being able to eat a ton of food very quickly may be classified as a skill, just like those other things, but it sure as hell isn't a sport.

BCCAA SCOREBOARD

BCCAA — British Columbia Colleges' Athletic Association

2009 – 2010 Men's Basketball

	W = 2 Points L = 0 Points	GP	W	L	PTS	PF	PA	+/-	Home	Away
1	Vancouver Island University ***Mariners***	11	11	0	22	958	708	+250	7 – 0	4 – 0
2	UNBC ***Timberwolves***	11	10	1	20	1032	790	+242	4 – 0	6 – 1
3	UBC Okanagan ***Heat***	11	8	3	16	864	797	+67	4 – 1	4 – 2
4	Capilano University ***Blues***	10	6	4	12	824	763	+61	5 – 4	1 – 0
5	Quest University Canada ***Kermodes***	10	5	5	10	679	760	-81	2 – 2	3 – 3
6	Langara College ***Falcons***	13	5	8	10	865	913	-48	4 – 1	1 – 7
	Douglas College ***Royals***	10	3	7	6	684	739	-55	2 – 7	1 – 0
	Kwantlen Polytechnic University ***Eagles***	11	3	8	6	792	847	-55	0 – 2	3 – 6
	Columbia Bible College ***Bearcats***	10	2	8	4	732	911	-179	2 – 2	0 – 6
	Camosun College ***Chargers***	13	2	11	4	880	1082	-202	1 – 5	1 – 6
						8310	8310			

BCCAA WEEK 10 (1st Week for Men's Basketball)

November 6, 2009				
VIU	83	at	52	Quest
Camosun	82	at	87	CBC
UNBC	72	at	49	Langara
UBCO	78	at	72	Kwantlen
Capilano	79	at	67	Douglas
November 7, 2009				
VIU	88	at	75	Quest
Camosun	94	at	85	CBC
UNBC	69	at	73	Langara
UBCO	65	at	63	Kwantlen

BCCAA WEEK 11 (2nd Week for Men's Basketball)

November 13, 2009				
Quest	65	at	82	Douglas
CBC	66	at	105	Capilano
Langara	53	at	94	VIU
Kwantlen	86	at	67	Camosun
November 14, 2009				
UNBC	81	at	66	UBCO
Quest	77	at	72	Douglas
CBC	67	at	86	Capilano
Langara	67	at	80	VIU
Kwantlen	63	at	64	Camosun

BCCAA WEEK 12 (3rd Week for Men's Basketball)

November 20, 2009				
Langara	57	at	58	Quest
Kwantlen	71	at	64	CBC
UBCO	76	at	65	Douglas
UNBC	97	at	76	Capilano
November 21, 2009				
Camosun	52	at	90	VIU
Langara	59	at	61	Quest
Kwantlen	85	at	105	CBC
UBCO	86	at	61	Douglas
UNBC	116	at	82	Capilano

BCCAA WEEK 13 (4th Week for Men's Basketball)

November 27, 2009				
Quest	87	at	109	UNBC
CBC	58	at	94	UBCO
VIU	75	at	69	Douglas
Camosun	78	at	91	Capilano
Kwantlen	62	at	73	Langara
November 28, 2009				
Quest	64	at	86	UNBC
CBC	81	at	109	UBCO
VIU	92	at	83	Douglas
Camosun	70	at	97	Capilano

BCCAA WEEK 14 (5th Week for Men's Basketball)

January 8, 2010				
Camosun	58	at	81	Langara
January 9, 2010				
Camosun	57	at	70	Langara

BCCAA WEEK 15 (6th Week for Men's Basketball)

January 15, 2010				
UBCO	75	at	85	VIU
UNBC	86	at	76	Camosun
Langara	67	at	80	Capilano
January 16, 2010				
UBCO	63	at	86	VIU
UNBC	106	at	58	Camosun
Kwantlen	50	at	60	Douglas
Langara	71	at	70	Capilano
January 18, 2010 (Mon)				
Kwantlen	81	at	61	Douglas

BCCAA WEEK 16 (7th Week for Men's Basketball)

January 22, 2010				
CBC	69	at	97	VIU
Quest	63	at	60	Camosun
Kwantlen	79	at	101	UNBC
Langara	59	at	64	UBCO
Douglas	64	at	58	Capilano
January 23, 2010				
CBC	50	at	88	VIU
Quest	77	at	64	Camosun
Kwantlen	80	at	109	UNBC
Langara	86	OT	88	UBCO

BCCAA WEEK 17 (8th Week for Men's Basketball)

January 27, 2010 (Wed.)			
Quest	at	Capilano	
January 30, 2010			
Capilano	at	Quest	
Douglas	at	CBC	
VIU	at	Kwantlen	
January 31, 2009			
UBCO	at	UNBC	
Douglas	at	CBC	
VIU	at	Kwantlen	

BCCAA WEEK 18 (9th Week for Men's Basketball)

February 5, 2010		
CBC	at	Langara
Quest	at	Kwantlen
Douglas	at	UNBC
VIU	at	Camosun
February 6, 2010		
CBC	at	Langara
Quest	at	Kwantlen
Douglas	at	UNBC
Capilano	at	UBCO
February 7, 2010		
Capilano	at	UBCO

BCCAA WEEK 19 (10th Week for Men's Basketball)

February 12, 2010		
UNBC	at	CBC
Capilano	at	VIU
Douglas	at	Camosun
Langara	at	Kwantlen
February 13, 2010		
UBCO	at	Quest
UNBC	at	CBC
Capilano	at	VIU
Douglas	at	Camosun
February 14, 2010		
UBCO	at	Quest

BCCAA WEEK 20 (11th Week for Men's Basketball)

February 19, 2010		
Quest	at	CBC
VIU	at	UNBC
Douglas	at	Langara
Capilano	at	Kwantlen
Camosun	at	UBCO
February 20, 2010		
Quest	at	CBC
VIU	at	UNBC
Douglas	at	Langara
Capilano	at	Kwantlen
Camosun	at	UBCO

2010 BCCAA Basketball Provincial Championships — Vancouver Island University

Week Ending January 24, 2010

2009 – 2010 Women's Basketball

BCCAA — British Columbia Colleges' Athletic Association

	W = 2 Points L = 0 Points	GP	W	L	PTS	PF	PA	+/-	Home	Away
1	UBC Okanagan ***Heat***	11	10	1	20	844	540	+304	4 – 0	5 – 1
2	UNBC ***Timberwolves***	11	10	1	20	817	662	+155	4 – 0	6 – 1
3	Vancouver Island University ***Mariners***	11	9	2	18	781	549	+232	5 – 2	4 – 0
4	Camosun College ***Chargers***	13	9	4	18	843	715	+128	3 – 3	6 – 1
5	Capilano University ***Blues***	10	7	3	14	695	581	+114	6 – 3	1 – 0
6	Kwantlen Polytechnic University ***Eagles***	11	6	5	12	656	654	+2	0 – 2	6 – 3
	Quest University Canada ***Kermodes***	10	4	6	8	605	602	+6	2 – 2	2 – 4
	Douglas College ***Royals***	10	0	10	0	385	683	-298	0 – 9	0 – 1
	Columbia Bible College ***Bearcats***	10	0	10	0	429	810	-381	0 – 4	0 – 6
	Langara College ***Falcons***	13	0	13	0	690	949	-259	0 – 5	0 – 8
						6745	6745			

BCCAA WEEK 10 (1st Week for Women's Basketball)

November 6, 2009				
VIU	55	at	44	Quest
Camosun	84	at	33	CBC
UNBC	81	at	53	Langara
UBC-O	62	at	49	Kwantlen
Capilano	70	at	51	Douglas
November 7, 2009				
VIU	69	at	67	Quest
Camosun	84	at	42	CBC
UNBC	85	at	58	Langara
UBC-O	60	at	52	Kwantlen

BCCAA WEEK 11 (2nd Week for Women's Basketball)

November 13, 2009				
Quest	68	at	38	Douglas
CBC	48	at	70	Capilano
Langara	41	at	66	VIU
Kwantlen	58	at	52	Camosun
November 14, 2009				
UNBC	59	at	74	UBC-O
Quest	69	at	45	Douglas
CBC	40	at	79	Capilano
Langara	46	at	79	VIU
Kwantlen	58	at	68	Camosun

BCCAA WEEK 12 (3rd Week for Women's Basketball)

November 20, 2009				
Langara	60	at	64	Quest
Kwantlen	72	at	69	CBC
UBC-O	75	at	28	Douglas
UNBC	73	at	69	Capilano
November 21, 2009				
Camosun	60	at	49	VIU
Langara	62	at	63	Quest
Kwantlen	75	at	42	CBC
UBC-O	80	at	28	Douglas
UNBC	79	at	65	Capilano

BCCAA WEEK 13 (4th Week for Women's Basketball)

November 27, 2009				
Quest	60	at	72	UNBC
CBC	36	at	85	UBC-O
VIU	70	at	42	Douglas
Camosun	72	at	75	Capilano
Kwantlen	72	at	60	Langara
November 28, 2009				
Quest	62	at	76	UNBC
CBC	39	at	95	UBC-O
VIU	71	at	30	Douglas
Camosun	64	at	55	Capilano

BCCAA WEEK 14 (5th Week for Women's Basketball)

January 8, 2010				
Camosun	59	at	53	Langara
January 9, 2010				
Camosun	67	at	47	Langara

BCCAA WEEK 15 (6th Week for Women's Basketball)

January 15, 2010				
UBCO	61	at	81	VIU
UNBC	73	at	54	Camosun
Kwantlen	48	at	45	Douglas
Langara	56	at	62	Capilano
January 16, 2010				
UBCO	78	at	75	VIU
UNBC	64	at	54	Camosun
Kwantlen	59	at	41	Douglas
Langara	61	at	77	Capilano

BCCAA WEEK 16 (7th Week for Women's Basketball)

January 22, 2010				
CBC	36	at	78	VIU
Quest	57	at	63	Camosun
Kwantlen	54	at	80	UNBC
Langara	51	at	90	UBC-O
Douglas	37	at	73	Capilano
January 23, 2010				
CBC	44	at	88	VIU
Quest	51	at	62	Camosun
Kwantlen	59	at	75	UNBC
Langara	42	at	84	UBC-O

BCCAA WEEK 17 (8th Week for Women's Basketball)

January 27, 2010 (Wed.)		
Quest	at	Capilano
January 30, 2010		
Capilano	at	Quest
Douglas	at	CBC
VIU	at	Kwantlen
January 31, 2009		
UBC-O	at	UNBC
Douglas	at	CBC
VIU	at	Kwantlen

BCCAA WEEK 18 (9th Week for Women's Basketball)

February 5, 2010		
CBC	at	Langara
Quest	at	Kwantlen
Douglas	at	UNBC
VIU	at	Camosun
February 6, 2010		
CBC	at	Langara
Quest	at	Kwantlen
Douglas	at	UNBC
Capilano	at	UBC-O
February 7, 2010		
Capilano	at	UBC-O

BCCAA WEEK 19 (10th Week for Women's Basketball)

February 12, 2010		
UNBC	at	CBC
Capilano	at	VIU
Douglas	at	Camosun
Langara	at	Kwantlen
February 13, 2010		
UBC-O	at	Quest
UNBC	at	CBC
Capilano	at	VIU
Douglas	at	Camosun
February 14, 2010		
UBC-O	at	Quest

BCCAA WEEK 20 (11th Week for Women's Basketball)

February 19, 2010		
Quest	at	CBC
VIU	at	UNBC
Douglas	at	Langara
Capilano	at	Kwantlen
Camosun	at	UBC-O
February 20, 2010		
Quest	at	CBC
VIU	at	UNBC
Douglas	at	Langara
Capilano	at	Kwantlen
Camosun	at	UBC-O

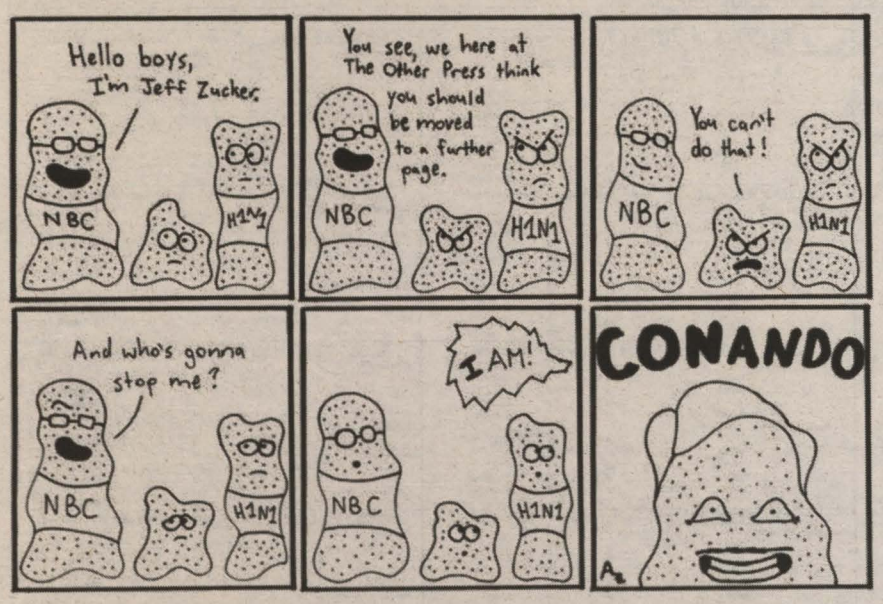
2010 BCCAA Basketball Provincial Championships — Vancouver Island University

Week Ending January 24, 2010

Comics

Little Joe / Ellen Kim

Adventures of Aquarius and Beaverbrook / Angela Espinoza



Solution

9	8	3	4	7	2	6	1	5
1	6	4	9	3	5	8	2	7
5	2	7	6	8	1	4	3	9
3	4	9	1	6	8	7	5	2
7	1	6	2	5	3	9	4	8
8	5	2	7	9	4	3	6	1
6	9	1	3	2	7	5	8	4
4	7	8	5	1	6	2	9	3
2	3	5	8	4	9	1	7	6

WORD ON THE STREET

If you could have any superpower, what would it be?

By **Maria Asselin-Roy**, Photographer

Joann Kenny
General Sciences

"I would have the power of photosynthesis, because it's my dream to have chloroplasts that work!"

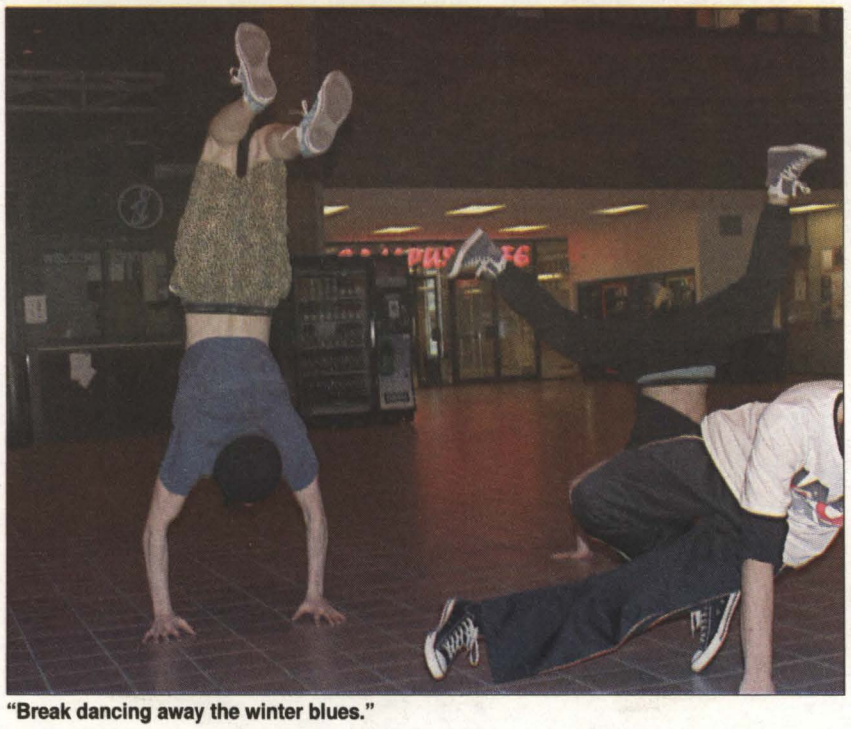
Adam Noble
Associate of Arts

"Flight, so I can fly for free, and more importantly, skip airport security."

Cathy Pham
Sports Science

"I would love to be able to turn everything I touch into Skittles, because I love Skittles."

Campus Happenings



"Break dancing away the winter blues."

"The cast of Savage in Limbo before their performance last Wednesday night."

DSU DOUGLAS STUDENTS' UNION

Local 18 — Canadian Federation of Students

FREE PIZZA & Wings!

What have we done for you lately?

Come Find Out!

WEDNESDAY
Feb. 3rd
4:30PM

DSU ANNUAL GENERAL MEETING

Wednesday Feb. 3, 2010 @ 4:30pm

Douglas Students' Union Building Upper Lounge
(New Westminster Campus)

Questions?
Call NW @ 604-527-5110 or DL @ 604-777-6257